



## 2014 3<sup>rd</sup> Annual Nadadores 2.4 Mile Rough Water Swim (Wetsuit and Non-Wetsuit Divisions)

Salt Creek Beach in Dana Point, CA  
Saturday, May 17, 2014  
8:00am



Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. Sanction #334-W003

**Date:** Saturday, May 17, 2014

**Start Time:** 8:00 am (Sharp)

**Location:** Salt Creek Beach, 33333 S Pacific Coast Hwy, Dana Point, CA 92629 (Parking is \$1.00 an hour)

**Finish Time:** 9:30 am

**Race Distance:** 2.4 miles

### STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

### RACE DAY TIMELINE

7:00am Check-in opens on beach

7:40am Mandatory Safety Meeting

8:00am 2.4 mile first wave start

8:05am 2.4 mile all proceeding wave start (fast to slow)

### 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.

**Eligibility:** All swimmers must be registered with USMS for 2014 or foreign equivalents. You must submit a copy of your 2014 USMS card or foreign equivalent with mail in entries, and bring a copy of your current registration to day of registration with on-line entries. Wetsuits are allowed and will be scored separately and will not be eligible for awards.

**Rules:** USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration for a \$15 fee plus the race fee will be available.

**Conditions:** Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and OC Lifeguards will make this decision. There will be no refund.

### Entry Fee:

- The early online entry fee is \$30.00 (paper entry \$35.00) if received before midnight (Pacific Time) on Friday, May 2.
- \$35.00 (paper entry \$40.00) if received between May 3 and May 16, 6:00pm.
- Day-of-Race fee \$50.00.
- Fee includes refreshments, electronic timing, and cap.
- Incomplete entries will not be processed.
- ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM 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. Results and awards will be available within 30 minutes of the last swimmer finishing. Timing provided by One Time Racing.

**Awards:** Ribbons will be awarded to the top 3 men & women 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. Results will be posted at [www.nadadoresroughwaterswim.org](http://www.nadadoresroughwaterswim.org) and [USMS.org](http://USMS.org).

**Safety – Our Primary Concern:** For safety reasons, participants should be adequately trained for competition. Previous 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 2 hours will be removed from the course.

For more information please contact Mark Moore via email at [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org) or via phone at 949-233-6521. Visit our Facebook Group at Nadadores Rough Water Swim. More event information and on-line registration available at [www.nadadoresroughwaterswim.org](http://www.nadadoresroughwaterswim.org)



*masters*

## Nadadores Rough Water Swim at Salt Creek

### ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY May 10, 2014.**

Include a copy of your 2014 USMS membership card, signed liability release and make checks payable to:

Mission Viejo Nadadores, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92692

To register online: [www.nadadoresroughwaterswim.org](http://www.nadadoresroughwaterswim.org)

Saturday, May 17, 2014

NAME:	DOB:	AGE:	GENDER:	M/F
ADDRESS:	CITY	STATE		
ZIP:	PHONE:			
EMERGENCY CONTACT:		PHONE:		
EMAIL ADDRESS:				
Please enter your membership number and team affiliation: USMS: _____				Team Abb. _____
(a copy of your USMS membership card is required to enter)				
HEALTH CONCERNS: _____				
EVENT CHOICE:		2.4 Mile		2.4 Mile Wetsuit
OPEN WATER EXPERIENCE: (list 2013 events/times)				
Early Paper Entry (\$40.00 Late)		\$30.00		
One Day Event Membership Fee		\$15.00		
Day-of-Race Fee		\$50.00		
TOTAL COST:				

### 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 \_\_\_\_\_