



## 2014 Del Valle 5km/10km Open Water Swims Saturday, May 31, 2014 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction # Pending



### Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). 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). After the entrance go right and park near the lake.  
[www.ebparks.org/parks/delval.htm](http://www.ebparks.org/parks/delval.htm)



### Race Start/Cutoff Times

The 10km swim starts at 8:00 A.M. / 5km swim begins at 8:10 A.M. There will be one wave for the 10km and one wave for the 5km race. Race start times are approximate. Cutoff time will be 11:30 A.M. for both races. 10km swimmers not passing turn buoy 6 after their third lap 2 hours 40 minutes from the start will be directed to swim to shore from turn buoy 6. Registration is from 6:30 to 7:30 A.M. The waves will be denoted by different color caps and start 10 minutes apart.

**Course/Feeding:** The 10km race will be four loops of a 2.5 km course. The 5km race will be two loops. A feeding station will be provided in the water at the 2.5km marker (start buoys) with water, electrolyte replacement and energy gel. Individual escort kayaks are not allowed.

### Awards

Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc) of each race. **Wetsuit Division:** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Finisher medals will be given to all finishers. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 10km race finishes. Official results will be posted on [www.trivalleymasters.com](http://www.trivalleymasters.com), and [www.pacificmasters.org](http://www.pacificmasters.org) (See USA Swimming Entry Form for Details of USA Swimming Races)

### Conditions/Safety

Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only—swimming outside of this area for warm up will result in disqualification.**

## **ALL SWIMMERS MUST REGISTER AND SIGN WAIVER**

**Race participant entries limited to 225 total swimmers. Online and race day registration will be closed when this limit is met.**

**Register Online at [www.trivalleymasters.com](http://www.trivalleymasters.com)**

**Contact Information** Race Director: Bill McCracken, [mccracmiller@pacbell.net](mailto:mccracmiller@pacbell.net), (925) 216-7918



**2014 Del Valle 5km/10km Open Water Swims**  
**Saturday, May 31, 2014 Lake Del Valle, Livermore, California**  
**PMS/USMS, Inc., Sanction # - and #**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ USMS# \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
E-Mail \_\_\_\_\_ Club \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age (on 5/31/14) \_\_\_\_\_ Circle Gender M W  
**Emergency Contact:**  
Name \_\_\_\_\_ Relationship: \_\_\_\_\_ Contact # \_\_\_\_\_  
Estimated 1500 (mile) time \_\_\_\_\_ Please be accurate.

<b>Select races:</b> <input type="radio"/> 5km <input type="radio"/> 10km	<i>Pre-race (10k must be pre-entered by 5/17/14)</i>	\$75	\$ _____
	<i>(Online processing fee waived prior to 4/30/14)</i>		
<b>Wet-suit:</b> <input type="radio"/> Yes <input type="radio"/> No	<i>Race day registration for 5km only</i>	\$85	\$ _____
	<b>(if race limit is not filled)</b>		
<b>T-shirt - Circle size:</b> S M L XL	<i>Pre-order:</i>	T-shirt	\$10 \$ _____
	<i>Pacific Masters Insurance Surcharge (required)</i>	\$5	\$ 5
	<b>All Sales Final. No Refunds.</b>	<b>Total</b>	\$ _____

**\*\*\*\*\* Attach or Enclose copy of USMS Card with Entry \*\*\*\*\***

**Online processing fee of \$4.00 waived on all online entries prior to 11:59PM on 4/30/14.**  
**Online registration closes 11:59PM on 5/29/14 or when race participant limit is reached.**

**NO REFUNDS**

**Mail entries must be received by 5/24/14:**

**Mail form with check to: Tri Valley Masters, Attn: DV14, P.O. Box 5116, Pleasanton, CA 94566**

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website <http://www.usms.org/req>. You may also obtain USMS membership on race day.

**PLEASE READ CAREFULLY AND SIGN BELOW:**

"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., USA-SWIMMING, THE LOCAL MASTERS SWIMMING COMMITTEES, PACIFIC SWIMMING THE CLUBS, HOST FACILITIES, EBRPD, 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 for Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Tri Valley Masters Del Valle 5km & 10km Open Water Swims  
Lake Del Valle, Livermore, California, Saturday, May 31, 2014

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

**Register Online at [www.trivalleymasters.com](http://www.trivalleymasters.com)**

**Contact Information** Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918



## 2014 Del Valle USMS 1km & 2.5km Open Water Swims



Sunday, June 1, 2014 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction #



### Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). 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). After the entrance go right and park near the lake.  
[www.ebparks.org/parks/delval.htm](http://www.ebparks.org/parks/delval.htm)



**Race Start/Cutoff Times:** The 1km swim begins at 8:30 A.M. and the 2.5km swim begins at 10:00 A.M. Race start times are approximate. Cutoff times are 50 minutes for the 1km swim and 90 minutes for the 2.5km swim. Registration is from 6:45 to 9:15 A.M. Registration for the 1.0 mile race will close at 8:00AM. Swimmers will be seeded in waves fast to slow. "No Time" entries will be seeded in the slowest wave. Wetsuits will be seeded in a separate wave. The waves will be denoted by different color caps and start 5-10 minutes apart.

**Awards: 1km and 2.5km Swim** - Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc). **Category 2 (Wetsuit Division):** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Wetsuits will be allowed in a separate wetsuit division and be given official times. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 2.5km race finishes. Official results will be posted on [www.trivalleymasters.com](http://www.trivalleymasters.com) and [www.pacificmasters.org](http://www.pacificmasters.org)

**Conditions/Safety:** Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only—swimming outside of this area for warm up will result in disqualification.**

**ALL SWIMMERS MUST REGISTER AND SIGN WAIVER**

Register Online at [www.trivalleymasters.com](http://www.trivalleymasters.com)

**Contact Information** Race Director: Bill McCracken, [mccracmiller@pacbell.net](mailto:mccracmiller@pacbell.net), (925) 216-7918





**2014 Del Valle USMS 1km & 2.5km  
Open Water Swims  
Sunday, June 1, 2014 Lake Del Valle, Livermore, California  
PMS/USMS, Inc., Sanction # - and #**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ **USMS#** \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
E-Mail \_\_\_\_\_ Club \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age (on 6/1/14) \_\_\_\_\_ Circle Gender M W

**Emergency Contact:**

Name \_\_\_\_\_ Relationship: \_\_\_\_\_ Contact # \_\_\_\_\_

Estimated 1650/1500 (mile) time for waves seeding \_\_\_\_\_ (A blank time entry will be placed in the 2<sup>nd</sup> or 3<sup>rd</sup> wave). We will randomly check the USMS database to validate times. Please be accurate.

<b>Select races:</b> <input type="radio"/> Both <input type="radio"/> 1km <input type="radio"/> 2.5km	<i>Pre-race</i> \$35 for one; \$45 for both \$ _____ (Online processing fee waived prior to 4/30/14)
<b>Wet-suit:</b> <input type="radio"/> Yes <input type="radio"/> No	<i>Race day registration:</i> \$50 for one; \$60 for both \$ _____
<b>T-shirt</b> – Circle size: <b>S M L XL</b>	<i>Pre-order:</i> T-shirt \$10 \$ _____
	Pacific Masters Insurance Surcharge (Reqd) \$5 \$ <u>5</u>
	<b>All Sales Final. No Refunds.</b> Total \$ _____

**\*\*\*\*\* Attach or Enclose USMS Card with Entry \*\*\*\*\***

**Online processing fee of \$4.00 waived on all online entries prior to 11:59PM on 4/30/14.  
Online registration closes 11:59PM on 5/30/14**

**NO REFUNDS**

**Mail entries must be received by 5/24/14:**

**Mail form with check to: Tri Valley Masters, Attn: DV14, P.O. Box 5116, Pleasanton, CA 94566**

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website <http://www.usms.org/reg>. You may also obtain USMS membership on race day.

**PLEASE READ CAREFULLY AND SIGN BELOW:**

"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., USA-SWIMMING, THE LOCAL MASTERS SWIMMING COMMITTEES, PACIFIC SWIMMING THE CLUBS, HOST FACILITIES, EBRPD, 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 for Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Tri Valley Masters Del Valle 1km & 2.5km Open Water Swims  
Lake Del Valle, Livermore, California, Sunday, June 1, 2014

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date

**Register Online at [www.trivalleymasters.com](http://www.trivalleymasters.com)**

**Contact Information** Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918