



Lake George Open Water Swim
2014 USMS 10K Open Water
National Championship
Lake George, Hague, NY
Saturday, August 23, 2014 7:45 a.m.



Hosted by: Green Leaf Racing
Sanctioned by Adirondack Masters for USMS, Inc.

Save time and avoid errors: enter online at www.lakegeorgeswim.com.

Events: 2.5k, 5k and 10k distances. 10k is the >6 - <9 Mile USMS Open Water National Championship. No wetsuits allowed for the 10k National Championship. Wetsuit and non-wetsuit divisions for the 2.5k, 5k and 10k (non-championship).

Course: The 2.5k, 5k, 10k course will consist of a 2.5k out-and-back style loop marked by large buoys on the corners and sighting buoys in between. The start is in-water, waist deep and the finish takes place on the beach. There is a floating dock near the start/lap buoy where those in the 5k and 10k may place fuel. Course maps are available at lakegeorgeswim.com/course-maps.

Location: Lake George is a beautiful lake in the Adirondack region of New York. The swims will take place at Hague Public Beach, Hague, NY located on the northern end of Lake George. The lake temperature varies between 68° F and 74° F in late August. The water is pristine and many families rely on the lake water for drinking.

Event Times: 6:00a - Check-in opens for 10k and 2.5k events; swimmers may warm up/cool down in the designated zone throughout the morning.
7:20a - Mandatory pre-race safety meeting (10k and 2.5k swimmers)
7:35a - 10k swimmers line up for entry into water
7:45a - 10k start
7:50a - 10k wetsuit start
7:50a - 2.5k swimmers line up for entry into water
8:00a - 2.5k start (wetsuit and non-wetsuit)
8:15a - Check-in opens for the 5k swim; swimmers may warm up/cool down in the designated zone throughout the morning.
9:10a - Mandatory pre-race safety meeting (5k swimmers)
9:25a - 5k start (non-wetsuit and wetsuit)

Eligibility: This is a USMS-sanctioned event and all participants must be registered for 2014 with USMS (or the equivalent FINA organization for foreign swimmers). Foreign swimmers are not eligible for All-American status. Paper entries received without a copy of the entrant's 2014 USMS card will be returned. Those registering online will have their USMS membership verified. To renew or join USMS online, visit www.usms.org/reg/

Rules: Current 2014 U.S. Masters Swimming rules will govern this event. Swimmers must wear the swim cap provided, have their race numbers on their arms, and follow all announced safety rules without exception.

Entries: Online entries preferred. Online entries will be accepted until August 20, 2014. **Online entries for the 10k National Championship close August 14, 2014.** Paper entries for all

events must be received by August 14, 2014. Late entries will not be accepted. There are no race day entries.

Entry Fees: The below entry fees cover safety (water craft, EMTs), shirts, awards, chip timing and post-race food & drink (including pizza lunch). USMS membership (whether a one-event registration or annual membership) covers insurance requirements for the race. No one will be allowed to swim without proof of membership or having paid the one day fee. There are no refunds or deferrals.

Event	USMS Members*			
	2/1 - 2/28	3/1 - 6/30	7/1-8/14	8/15-8/20
2.5k only	\$60	\$65	\$70	\$75
5k only	\$65	\$70	\$75	\$85
10k only	\$70	\$75	\$85	\$95
10K Nat'l Championship**	\$70	\$75	\$85	Entries close 8/14
2.5k & 5k	\$100	\$110	\$115	\$125

*Non-Members add \$14

** Must have annual USMS membership to compete in National Championship

Timing: Swims will be chip timed. Each swimmer will wear a timing chip on his or her ankle. Timing chip must be returned or a \$30 charge will be assessed to the swimmer. Times will be recorded as swimmers cross the finish line. Manual backup timing will also be utilized.

Safety: For safety reasons, those not able to complete the 2.5k in 1.25 hours, the 5k in 2.5 hours or the 10k in 4 hours are advised not to enter (the Coast Guard will close the course at noon and all swimmers on the course will be escorted to shore). There are no exceptions. Safety support will be coordinated with Hague Fire Department and EMS, Lake George Coast Guard Auxiliary, the Warren County Sheriff's Department and volunteers. There will be sufficient craft on or adjacent to the prescribed course to ensure the safety of the swimmers. Swimmers will be briefed on all safety aspects before the start of the race. All safety personnel and race officials will be identified by signage and distinctive clothing. Swimmers will be advised of their location. Local authorities and meet management have the authority to postpone or cancel the event for safety reasons. Updates will be posted on www.lakegeorgeswim.com.

Evidence: Those in the 5k and 10k swims must submit evidence of having completed a swim of 2/3rds the distance of your chosen event (applies to 5k and 10k). Evidence must be emailed to events@greenleafacing.com and must include the date, venue, distance and time it took you to complete your swim. These swims should be in open water and they may happen in or out of competition. If you have extensive training experience in pools and some open water swim

experience that will suffice as evidence. The key is to ensure you will be able to complete your distance comfortably and within the cut-off without risk to yourself or others.

Water Temp.: Expect water temperatures between 68-74. Readings will be posted on the event Facebook page and Web site leading into the race.

Age Groups: Standard USMS 5-year age groups: 18-24, 25-29, 30-34, 35-39...100+

Refund Policy: There are no refunds or deferrals for this event. In the case of inclement weather or other unexpected circumstances, the race director has the right to cancel the race or shorten the event. In this case there will be no refunds provided. In signing up for this event, the participants are agreeing to these terms.

Check-in/ Mandatory Meeting: All swimmers must check in at the starting location at least 45 minutes prior to the scheduled start of the race. All swimmers will be required to attend the final pre-race briefing 30 minutes before the start of the race. Failure to arrive on time for the briefing could result in disqualification.

Lodging: A listing of hotels is available at www.lakegeorgeswim.com.

Awards: USMS Long Distance National Championship medals will be awarded to the top 6 men & women in each age group for the 10k NC. USMS Long Distance National Championship patches will be awarded to the winner of each age group for the 10k NC. Awards ceremony for the 10K NC will take place at 11:30a at the beach. Top 3 overall male and females for the 2.5k and 5k will be awarded custom glass mugs. The top 3 male and female age-group winners in the 2.5k and 5k will receive certificates. The ceremony for the 2.5k will take place at 9:30a at the beach. Awards ceremony for the 5k will take place at 11:30 at the beach. These times may change.

Results: Results will be posted at www.lakegeorgeswim.com and www.usms.org.

Directions: I-87 to Exit 24, head east off the exit 4 miles to route 9N. Turn left at 9N for 25 miles to Hague Public Beach.

More Information: Chris Bowcutt at events@greenleafacing.com or 518 290-0457.

Lake George Open Water Swim Entry Form

Online registration available at www.lakegeorgeswim.com or complete the below form.

Staple legible copy of USMS card here or complete and attach the One Event Registration Form				Please supply the following information	
Name				Day Phone ()	
Address				Evening Phone ()	
Sex (circle)	Birth date	Age (as of 8/23/14)	Shirt size:	Email:	
M F			S M L XL		
USMS Club:			USMS #		

TRANSFER OF RIGHTS: Understanding the importance for event organizers of keeping all filming, television, photographing and other recording rights during the Event, in consideration of the acceptance of my participation in event, agree to be filmed, televised, photographed and otherwise recorded during the Event under the conditions and for the purposes now and hereafter authorized by the race organizers in relation to the promotion of the Event and the sport of swimming.

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 inherent in open water swimming and agree to assume those risks.

DATE _____ SIGNATURE _____

In case of emergency, contact: Name _____ Phone: _____

Any applicable medical condition(s): _____

I will participate in the following events (check all that apply):

2.5k non-wetsuit 2.5k wetsuit

5k non-wetsuit 5k wetsuit

10k non-wetsuit (OEVT) 10k wetsuit

__10k National Championship (no wetsuits; annual USMS membership required)

See above table for fee structure and make check payable to Lake George Open Water Swim. If you are not a USMS member, please fill out the one-day event form (next page) and add \$14 to the check total. You can also register online at www.lakegeorgeswim.com.

Mail entry form(s) and check to Green Leaf Racing PO Box 538 Ballston Spa, NY 12020 postmarked no later than Aug 10, 2014. Online registration closes August 14, 2014 for the 10k National Championship event and August 20, 2014 for all other events.

2014 ONE EVENT REGISTRATION FORM

Register with same name you will use for competition. Please print clearly.

Last Name		First Name		MI	
Street Address					
City/State/Zip			Phone No ()		
Date of Birth (MM/DD/YY)		Age	Sex (circle) M F	E-mail address	
Event Name:			Event Date(s):		

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, 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.

Signature (Required) _____ Date _____

Make a check for \$14 payable to: Lake George Open Water Swim (\$12 of the fee goes to USMS, \$2 to the LMSC). You may add this cost on to your entry fee check or write a separate check.