



# 2017 Mission Mile

## 1 Mile Swim – Lake Mission Viejo

(Wetsuit and Non-Wetsuit Divisions)

Lake Mission Viejo, Mission Viejo, CA  
Sunday, September 24, 2017  
8:30AM

**Online registration closes at midnight (Pacific time) on Friday, September 15<sup>th</sup>.**

Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. #337-W002

**Date:** Sunday, September 24, 2017

**Start Time:** 8:30 am

**Location:** Lake Mission Viejo, 22555 Olympiad Road, Mission Viejo CA

**Race Distances:** 1 Mile

### 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

7:30 am Check-in opens on beach

8:00 am Mandatory Safety Meeting

8:30 am 1 mile first wave start, then all proceeding wave start (fast to slow)

### Course:

1 mile 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.

**Eligibility:** All swimmers must be registered with USMS for 2017 or foreign equivalents. You must submit a copy of your 2017 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 **WILL NOT** 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 Safety Director and Lake Lifeguards will make this decision. **There will be no refund.**

**Lake Entrance Fee:** \$10.00 per car

### Entry Fee:

- The early online entry fee is **\$45.00 (paper entry \$50.00)** if received before midnight (Pacific Time) on Friday, September 4<sup>th</sup>, 2017.
- **\$55.00 (paper entry \$60.00)** if received between September 11<sup>th</sup> and September 18<sup>th</sup>, 6:00pm.
- **Day-of-Race fee \$75.00. One-Event (OEV) USMS registration membership is not available.**
- **Fee includes refreshments, cap, and awards**
- **Incomplete entries will not be processed.**
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM EVENTS.**

**Awards:** Ribbons will be awarded to the top 3 men & women in each age group and division. (Wet Suit and Non-Wet Suit)  
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 as soon as possible of the last swimmer finishing. Results will be posted on site and at <https://www.spmasterswim.org/open-water-results/> and 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 1 hour will be removed from the course. **Safety Plan and General Safety and Thermal Plan for Cold Water Swims**

For more information please contact Mark Moore via email at [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org) or via phone at 949-233-6521. More event information and on-line registration available at <https://www.spmasterswim.org/open-water-schedule/>



## Mission Mile Swim at Lake Mission Viejo

### ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE RECEIVED BY Friday, September 18th**  
 Include a copy of your 2017 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: <https://www.spmastersswim.org/open-water-schedule/>

Sunday, September 24, 2017

NAME:	DOB:	AGE:	GENDER:	M/F
ADDRESS:	CITY		STATE	
ZIP:	PHONE:			
<b>EMERGENCY CONTACT:</b>		<b>PHONE:</b>		
EMAIL ADDRESS:				
Please enter your membership number and team affiliation: USMS: _____			Team Abb. _____	
(a copy of your USMS membership card is required to enter)				
<b>HEALTH CONCERNS:</b> _____				
<b>EVENT CHOICE:</b>		<b>1 Mile (No Wet Suit)</b>	<b>1 Mile (Wet Suit)</b>	
OPEN WATER EXPERIENCE: (list 2016/2017 events/times)				
_____				
_____				
Early Paper Entry (\$60.00 Late)		\$50.00		
Day-of-Race Fee - One-Event (OEVT) USMS registration membership is not available		\$75.00		
<b>TOTAL COST:</b>				



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

