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**Saturday, July 7th, 2018 Fire Island USMS Long Distance Open Water National Championship (5K) and 1 MILE Ocean Swim Charity Fundraising Event for Open Water Swim LLC**

***Sanctioned by USMS, Inc. Sanction #***

**EVENT DESCRIPTION:** The USMS Fire Island 5K National Championship and 1 Mile Ocean Swim is hosted by Open Water Swim LLC and is a four-hour open water swim event that will start/finish at Atlantique, Fire Island, ocean side.

5K race is a USMS National Championship event and is open to adults only 18 years and older. It will run from Atlantique to Fair Harbor, left should turn at turn buoy and back to Atlantique and runs parallel to beach (2 loops). The 1 Mile race is open to Swimmers ages 18 years and older. The 1 Mile swim will run from Atlantique west .5 miles loop to Fair Harbor, left shoulder at turn buoy and back to Atlantique and runs parallel to the beach.  Start/finish will be on the beach to the west of Atlantique lifeguard stand. Swim course will be clearly marked with buoys.    Lifeguards, stand-up paddlers, kayaks and a jet ski with rescue sled will monitor the entire course. There will be designated water breaks for 5K distance swim only. Swimmers will be required to adhere to USMS Swimming Rules governing conduct and attire.   Currents and surf can vary, swimmers should be prepared for a challenging swim and must be conditioned for the open water.  Race director reserves the right to modify race or cancel swim if severe dangerous conditions arise.

**COURSE INFORMATION:** The 5K National Championship race is 2 loops from Atlantique to Fair Harbor and back to Atlantique marking two buoys at turnaround. 1 Mile race is from Atlantique west .5 miles loop to Fair Harbor and back to Atlantique.    All swimmers will start and finish on the beach. The race course is in the ocean approximately 30 feet off shore swimming parallel to the shore line. Start/finish will be on the beach to the West of Atlantique lifeguard stand. Swim course will be clearly marked with many brightly marked buoys. Left shoulder turns on buoys.  Race Director may modify course if dangerous conditions arise.  Wave designations and swim direction will be determined closer to race date subject to number of race entrants and weather conditions. Expected water temperature range is 66-70°F with some chop and currents due to wind, and the possibility of flotsam, jetsam and jellyfish.

**DIRECTIONS:** **THERE ARE TWO FERRY OPTIONS SO PLEASE SELECT THE ONE THAT IS MOST CONVENIENT FOR YOU:**

**1) IF YOU ARE DRIVING AND WILL NEED TO PARK YOUR CAR:**We have scheduled a special ferry for pick up at the Bay Shore Marina at promptly 9:30am!   Fire Island Ferries will be picking up our swimmers at the CLINTON AVE FERRY DOCK located at the Bay Shore Marina South of Montauk HWY all the way down to end.  150 Clinton Ave Bay Shore NY 11706 PH:  631-665-3600  .  It is approx. $8 for parking (Cash Only).  When you enter into the parking area keep the bay to your right all the way down to end.  Park by Nicky’s on The Bay Restaurant.  Ferry leaves right from there.  We will have volunteers there to answer any questions.  DONT BE LATE.  Give yourself plenty of time to make this ferry!!!

Find directions to Fire Island Ferry at <http://www.fireislandferries.com/>with info about Fire Island at <http://www.theislips.com/atlantique.php>. NOTE: You can take an earlier Ferry to Dune Wood with a five minute walk to Atlantique. There will be signs for the OWS Swim and where to go from the Dune Wood Ferry. This is highly recommended….it will give you more time to relax and prepare for the event.  
   
**2) IF YOU ARE GETTING DROPPED OFF OR TAKING LIRR TO BAY SHORE:**There is a scheduled 9:10am from the MAIN TERMINAL in Bay Shore: 99 Maple Ave, Bay Shore, 11706:  [www.fireislandferries.com/schedules/dunewoodatlantique/](file:///C:\Users\Skrut\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\ZSGPGPCK\www.fireislandferries.com\schedules\dunewoodatlantique\)  
The Clinton Ferry Dock is more convenient for those driving and wanting to park your car.  It is cheaper and easier to park.  DONT BE LATE.  Give yourself plenty of time to make this ferry!!!  
   
**RETURN FERRY:** There will be a 3:30pm and 5:30pm ferry that leaves Atlantique FI and will bring you right back to your car at the Bay Shore Marina/Clinton Ferry Terminal as well as the Main Terminal.  
BY PRIVATE BOAT: Atlantique docking is available on a first-come first-served basis. The dock master monitors VHF Ch. 9 or you can call the dock master’s office (631-767-0234 ). There is anchorage on either side of the marina so you can anchor out if you like. This will save on fees and give you more privacy.

**PLACES TO STAY:**  
Fire Island is a beautiful seasonal resort destination.  Ocean Beach is the metropolis of Fire Island and is located only 1 mile east of Atlantique beach.  Ocean Beach has a number of great restaurants like Maguires on the Bay, as well as retail shops, bars, and hotels.  Atlantique is an easy walk on the beach – just head west 1 mile (ocean side) or you can take a quick water taxi: Fire Island Water Taxi (call 631-665-8885 ).  If you plan on staying at Ocean Beach, book it early as hotels fill up quickly! Here’s a link to Trip Advisor: [Fire Island Hotels-Ocean Beach](https://www.tripadvisor.com/SmartDeals-g48317-Ocean_Beach_Fire_Island_Long_Island_New_York-Hotel-Deals.html). Make sure you select hotels in Ocean Beach!

**ELIGIBILITY:** Must be 18 years of age or older and registered with U. S. Masters Swimming ("USMS"). Age determination date is December 31, 2018. A legible copy of 2018 USMS registration card must be included with mail-in entry form. For annual USMS registration/renewal go to [**http://www.usms.org/reg/**](http://www.usms.org/reg/). One-day single-event ("OEVT") discounted fee USMS registration available for non-annual USMS members (online event registration system MUST be used to exercise this OEVT option).

**FIELD LIMIT:** Maximum number of swimmers 300 on a first-received basis.

**ACCEPTANCE:** Each swimmer will need to provide information about their long distance swimming history and pace per mile, provide 2018 USMS registration card number, and sign a waiver. Once race organizers review and accept the application, swimmer must pay entry fee either online or by check. All applicable 2018 USMS rules, regulations and safety requirements will be enforced.

**ACCEPTABLE SWIM ATTIRE:**

Rules for Category 1 Swimwear for Open Water Events **(**1 **303.7.2) A** Swimwear shall include only a swimsuit, cap or caps. (Note: Swim Caps will be provided for the swim by race organizer and must be worn during swim – no exceptions). Nose clips, ear plugs, and wristwatches are also allowed. **B** The swimmer shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.

Wetsuits ARE permitted for Non Championship Distance Events but will be timed under a separate “wetsuit” category. All swim suits and equipment for non-wetsuit swimmers must conform to current USMS open water rules.**\*** Use of MP3 players and other electrical audio/communication devices by the swimmer during event is not permitted.

***\*****In September 2010, the USMS House of Delegates voted to follow new regulations regarding swimsuits for open water competition, effective January 1, 2011. For all open water national championships events, swimwear shall be made of textile material. For men, the swim suit shall not extend above the navel or below the knee. For women, the swim suit shall not cover the neck, extend past the shoulders nor extend below the knees. There are no “fastener” specifications.*

**SWIMMER ESCORTS**: Safety and escort craft will be provided and will accompany swimmers throughout the event. Support craft other than designated race craft are not permitted. Optional water breaks will be provided for swimmers throughout the swim.

**AGE GROUPS** 18-24, 25-29, 30-34, and so on in five-year increments, as high as necessary for men and women.

**AWARDS** Awards will be presented to the top three finishers by gender in each event. Special awards will be presented to the overall male and female finishers in each Division (wetsuit and non wetsuit). Award ceremony will be held at the start/finish line on the beach 30 minutes after the last swimmer has exited the water.

**GOODIES** Commemorative event shirt, towels, generous goodie bag, and pre- and post-race refreshments.

**RESULTS** Results will be posted online at [**www.usms.org**](http://www.usms.org) and [**www.openwaterswimli.com**](file:///C:\Users\Sandra\AppData\Local\Temp\Temp1_Attachments%20(4).zip\www.openwaterswimli.com)

**SCHEDULE** 9:00AM Check-In begins

10:30AM Check-In ends

10:45AM\* Mandatory race briefing at course start for all swimmers

11:00AM 400 Meter USA (10 and under) Swimmers begin

11:15AM 5K Swimmers begin

11:30AM 1 Mile Adult Swimmers begin

11:40AM 1 Mile USA Swimmers begin

1:00PM Award ceremony (400 Meter & 1 Mile Swimmers)

3:00PM Race ends

3:30PM Awards ceremony (5K National Championship)

***\*Attendance at pre-race briefing is MANDATORY***

**ENTRY FEES & DEADLINE**:

**5K and 1 Mile USMS AND OEVT 18 YEARS +:**

EARLY BIRD REGISTRATION until June 4, 2018 $85.00

REGISTRATION June 5 – July 2, 2018 $125.00

**Entry fees are non-refundable and non-transferable.** **Final mail-in entry deadline is RECEIVED (not postmarked) by 5:00PM on Friday, June 29, 2018. No Refunds will be granted due to cancellation of race due to weather and/or water conditions.**

**ONLINE REGISTRATION: Race organizers strongly urge swimmers to register online for speed and accuracy. Online registration (with VISA or M/C only) will remain open until 11:59PM Monday, July 2, 2018. Entry fees are non-refundable and non-transferable.** **Your credit card statement will reflect a charge from ClubAssistantBilling.com. No Refunds will be granted due to cancellation of race due to weather and/or water conditions.**

**Secure online event registration at:** <https://www.clubassistant.com/club/meet_information.cfm?c=2440&smid=9930>

To comply with safety plan, **race day registration will NOT be available**. NO EXCEPTIONS.

*[Note: $10 of your entry fee will be donated to Fire Island Ocean Rescue Lifeguard Nationals Team and Regional Team*

Mail fully executed entry form with legible copy of 2016 USMS registration card and applicable payment (check or money order payable to: **Open Water Swim LLC c/o Bryan Krut, 53 Degnon Boulevard, Bay Shore, NY 11706).**

**P A P E R M A I L - I N E N T R Y F O R M**

**>>Event organizers strongly recommend using the online event registration service for speed and accuracy<<**

**Online application/event registration at:**

<https://www.clubassistant.com/club/meet_information.cfm?c=2440&smid=9930>

Print Full Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ T-Shirt Size (free): **□S □M □L □X-L**

2018 USMS Reg #\_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USMS Club Affiliation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender (circle): **Male Female** DOB (mm/dd/yy) \_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_ Age (on 12/31/18) \_\_\_\_\_\_\_

Indicate (check off) race distance & wetsuit or non-wetsuit participation category: □5K □1 MILE □WETSUIT □NO wetsuit

Street Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Phone (\_\_\_\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Indicate prior open water swim history:

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**INDICATE EMERGENCY CONTACT PERSON & MEDICAL INFORMATION (mandatory):**

**Contact Person Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Contact Phone (\_\_\_\_\_\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Important medical information and/or conditions:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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Asa condition of being accepted in the Fire Island Ocean Swim 5K and1 Mile Charity Swim, I agree to make timely payment of the registration fee. I will attend the mandatory briefing meeting at 10:45AM on July 7th, 2018 (race day) and abide by event rules and regulations including water safety determinations. I agree to hold harmless by acknowledging and assuming the risks involved in an endurance activity of this nature and for myself and heirs waive all claims for damages or injury arising during the event against any individual, group, association, agency or government body involved with this activity’s organization, conduct, and/or support. I acknowledge that race fees are non-refundable even if race is cancelled due to weather and/or water conditions.

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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.

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| --- | --- | --- | --- | --- | --- |
| 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 | |

Direct inquiries to Race Director Bryan Krut via email [**bkrutowswimli@gmail.com**](mailto:bkrutowswimli@gmail.com) or mobile **516-356-5306**

Online event info updates at [**www.openwaterswimli.com**](file:///C:\Users\Sandra\AppData\Local\Temp\Temp1_Attachments%20(4).zip\www.openwaterswimli.com)

**For MAIL-IN entries, remember to include entry fee payment and a LEGIBLE COPY of your 2018 USMS REGISTRATION CARD**

**FUNDRAISING:** Please make every attempt to fundraise as we have lined up a number of great charitable causes that need your financial support! Donations are at swimmers discretion, from $5.00 to $500+. We are raising funds for the following organizations. HOSPICE Care Network Children and Family Bereavement and Fire Island Ocean Rescue. **Make donation checks payable to St. Frances Sports Inc. 501C(3) NON PROFIT Organization and mail to:**  **53 Degnon Blvd, Bay Shore, NY 11706.**