

Betsy Owens and Terry Laughlin Memorial Cable Swims



1-mile & 2-mile Cable Swims

Saturday, August 10th, 2019

Sanctioned by Adirondack LMSC for USMS Inc.



Events

- Terry's 2-mile cable swim starts at 9:30 am; swimmers must check in by 9:15 am; mandatory pre-race meeting at 9:15 am
- Betsy Owens 1-mile cable swim starts at 11:15 am; swimmers must check in by 10:45 am; mandatory pre-race meeting at 11:00 am

Course

The course is a ¼ mile-long underwater cable marked with buoys. The 1-mile swim is two laps around the cable, while the 2-mile swim is four laps around the cable. Both events will be contested in the same direction, which will be decided by a coin toss during Friday afternoon course set-up. Both the start and finish are in-water. Times for both events are eligible for USMS long-distance national records.

Eligibility

Each swimmer's age shall be determined by their age on December 31, 2019, **except** for 18-year-olds, who must be 18 on the day they swim.

All swimmers must be registered with USMS (or the equivalent FINA organization for foreign swimmers). Swimmers can purchase a 2019 USMS membership at usms.org (\$45 + LMSC fee) or a One Event Registration (\$22) during online registration.

Rules

Current USMS rules will govern this event.

Category II suits—including wetsuits—are allowed, but swimmers wearing anything other than Category I suits will *not* be eligible for individual national records.

A digital copy of the rule book can be viewed and/or downloaded at: <https://www.usms.org/volunteer-central/us-masters-swimming-rule-book>

Please read the brief overview of each category below. Refer to section 303.4 of the 2019 USMS rulebook for more details.

Category I Suits overview:

- Goggles, nose clips, ear plugs, & wristwatches are permitted
- Swimsuit must be only one or two pieces & shall not cover the neck, extend past the shoulder, or below the ankles
- Absolutely no clasps or zippers are permitted
- *Non-wetsuit category*

Category II Suits overview:

- Wetsuits category
- Goggles, armbands, rash guards, nose clips, ear plugs, wristwatches, and grease are also allowed

Age Groups

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

Entry fees

Entry fee is \$55/\$60/\$65 for one event or \$80/\$85/\$90 for both, with price increases on June 3rd and July 29th. Entry fee includes swim cap & post-race refreshments. Non-USMS members add \$27 for One-event registration.

Refund Policy

There are absolutely 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.

Deadline

Registration closes **Monday, August 5th** at 11:59 PM EDT.

Race-day entries

LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED.

Safety is Our Primary Concern

Safety boats will monitor the entire course and Lake Placid Ambulance Service will be on-call within one mile of the event. Swimmers must wear the swim caps provided, have their race number on their arms/back, and follow all announced safety rules without exception.

Time Limit

Swimmers who cannot complete **one mile in 50 minutes** or **two miles in 1:45** should NOT enter. Swimmers on the course after these time limits may be stopped and listed as DNF in the results.

Seeding

Swimmers will be seeded fastest to slowest, using each swimmer's time for a 1650 yd. pool swim. "No Time" & wetsuit (Category II) entries will be seeded last. Races will be seeded before race day, so you must declare if you plan to wear a wetsuit on your entry. There will be no seeding changes once heat sheets are posted.

Starts

For both swims, each heat will consist of seeded waves of swimmers each starting 20-30 seconds apart.

Accommodations Info

Lake Placid Visitors Bureau, 518-523-2445; Saranac Lake Chamber of Commerce, 518-891-1990.

Directions

- From South: Northway (1-87) to Exit 30. Follow signs to Lake Placid.
- From North: Northway (1-87) to Exit 34 for Ausable Forks. Take N (south) to Rt 86 (west) in Jay, through Wilmington into Lake Placid.
- From West: Take routes to Tupper Lake and Saranac Lake to Route 86 into Lake Placid. Mirror Lake's Village Beach is located near center of Lake Placid on Parkside Dr. between Main St. & Shore Dr. Street parking is available near the venue on day of event.

For More information, contact

Matt McMorris, Event Director | matt@greenleafracing.com | 518-727-1586

Anna Payne, Office Manager | anna@greenleafracing.com | 518-677-2768



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	