



2019 Lake George Open Water Swims

2.5K, 5k, and 10k Open Water Swims

Hague, NY

Saturday, August 17, 2019

Hosted by Green Leaf Racing
Sanctioned by Adirondack Masters for USMS, Inc. Sanction # coming

Events

- *The 2.5k Swim* will begin at 7:45am; swimmers must check in by 7:00am; mandatory pre-race meeting will be held at 7:20am
- *The 5k Swim* will begin at 9:25am; swimmers must check in by 9:10am; mandatory pre-race meeting will be held at 9:10am
- *The 10k Swim* will begin at 7:55am; swimmers must check in by 7:10am; mandatory pre-race meeting will be held at 7:20am

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 <http://www.lakegeorgeswim.com/the-swims/>

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 participants must be registered for 2019 with USMS (or the equivalent FINA organization for foreign swimmers).

Swimmers can purchase a 2019 USMS membership at usms.org/reg/ (\$45 + LMSC fee) or a One Event Registration (\$27) during online registration.



Rules

Current 2019 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.

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 2019 rule book can be viewed/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 permitted
- *Non-wetsuit category*

Category II Suits overview:

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

Entries

There will only be online registration for this event, no paper entries. Entries will be accepted until August 13, 2019. 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. No one will be allowed to swim without proof of USMS membership or having paid the one-day fee. There are no refunds or deferrals, no exceptions.



Event	USMS Members*		
	open – 5/26	05/27-7/21	7/22-8/13
2.5k	\$70	\$75	\$80
5k	\$75	\$80	\$85
10k	\$80	\$85	\$90

*Non-Members add \$27

Timing:

Each swimmer will wear a timing chip on his or her ankle. 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; you will be listed as DNF if you exceed these times. Safety support will be coordinated with Hague Fire Department and EMS, Lake George Coast Guard Auxiliary, the Warren County Sheriff's Department, and volunteers. 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 online on the registration page, & 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. Evidence must be emailed to events@greenleafracing.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 that everyone is able to complete the distance comfortably and within the cut-off time.



Water Temperature

The Lake's temperature usually varies between 68°F and 74°F in late August.

- The race will be canceled if the water temperature is less than 60.8°F (16°C) or greater than 85°F (29.4°C).
- The race will be canceled if the sum of the water and air temperatures is less than 118°F (or 30°C) or greater than 175°F (or 61.6°C).

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 Meetings

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

Top 3 overall male and females for the 2.5k, 5k and 10k will be given custom awards. The top 3 male and female age-group winners in the 2.5k, 5k and 10k will receive certificates. The ceremony for the 2.5k will take place at 9:30a at the beach. Awards ceremony for the 5k and 10k 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

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

For More Information

Race Director Chris Bowcutt | chris@greenleafracing.com | (917) -371-1108

Green Leaf Racing Office | events@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.
(continued on next page)
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	