

Event Sanctioning

The Masters 1 & 2 mile swims are USMS/PMS sanctioned events. All swimmers must be current 2019 registered members of USMS in order to compete. Membership information may be obtained by contacting the numbers below:

USMS/PMS (18 & over) 415/892-0771

Meet Director: Luke Blehm
Lukeblehm@yahoo.com
Registrar: Chris Anderson

Head Referee: Paul Evans

Water Safety

Swim caps will be provided to all swimmers and will be MANDATORY for the swim. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than 1 hour for the one-mile swim, 2 hours for the 2-mile swim. A Safety Meeting for all volunteers and race officials will start at 9:00 A.M.

Course & Water Temperature

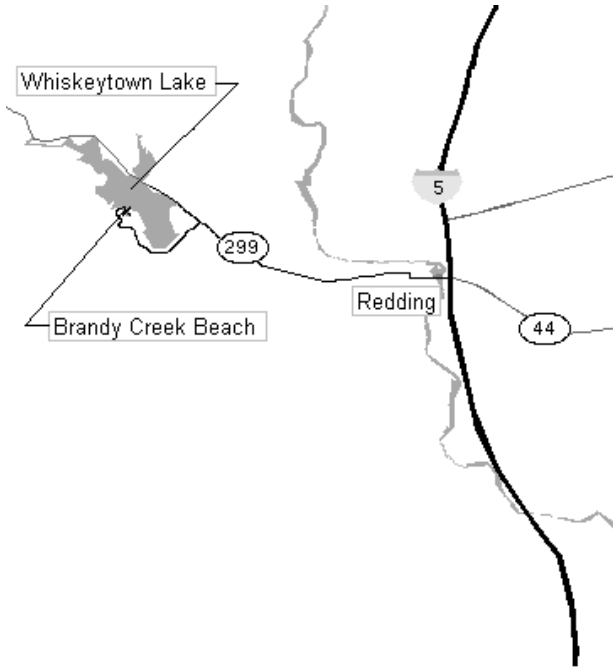
Both the one-mile and two-mile courses will be marked by buoys at 200 yard intervals. The expected water temperature of the lake is between 65-70 degrees.



Directions & Parking

All swims start at Brandy Creek Beach. Take Central Redding/299W/Eureka exit. Follow Highway 299 west (toward Eureka) and just as you reach the lake, turn left at the tourist information center. Cross over the dam and continue until you reach Brandy Creek Beach.

The National Park Service charges a \$25 weekly parking fee. The parking passes may be obtained at the visitor's center or online. There are no longer parking lot vending machines. We will attempt to work with The National Park Service on parking.

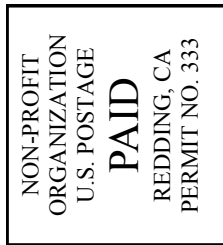


Accommodations

Camping is available at Brandy Creek Campground. There are typically plenty of spaces available in September. Reservations are not accepted.

Suggested Hotels in Redding:

Red Lion: 530/221-8700



Address Service Requested

Redding Swim Team
P.O. Box 992112
Redding, CA 96099

Pacific Masters Swimming

2019 Whiskeytown Lake Open Water Swim



Sunday
September 8, 2019

Hosted by the
Redding Swim Team

Celebrating 65 years of
competitive swimming!

	Postmarked by 8/31/2019	Late or Race Day
1 Mile	\$45	\$50
2 Mile	\$45	\$50
Both 1 & 2 Mile	\$55	\$65
Official T-Shirt	\$15	\$20 (if available)

Fees

Checks payable to: Redding Swim Team
Sorry, entry fees are non-refundable.

Fees Include

⇒ Swim Cap

Start Times

All events start and finish on the beach.
NO LATE STARTERS WILL BE ALLOWED.

Event Start Time

1 Mile (USMS Masters) 10:30
2 Mile (USMS Masters) 11:30

Divisions

Masters (both 1 and 2 mile): typical 5-year age groups starting at age 18 for male & female. Entrants must be at least 18 years of age and **registered with USMS** to enter masters events. Cat 2 suits (wetsuits) separated.

Results & Awards

Special awards will be given to the top male and female overall winners in each of the four events. Awards (Whiskeytown Mugs) will also be given for the top three male and female winners in each of the age groups for Masters (USMS/PMS). Category 2 wetsuits not awarded. Awards must be picked up at the race; they will not be

Equipment:

Swimmers wearing type 2 suits (wetsuits) will be scored separately but not awarded. The use of fins, pull buoys, or other swimming devices will result in instant disqualification. Soft hand paddles may only be used as a prosthesis - provided, in the opinion of the Race Director - they do not present a safety hazard to other swimmers.

Registration/Check-In

Registration and check-in opens at 8:00 a.m. All swimmers must check in 45 minutes before the start of their event.

Race day registration will be available at the late registration table if cap is not met. **All entrants must either mail a photo copy of their USMS card with their registration form, or bring it with them on race day.** As per PMS rules, a \$3.00 look-up fee will be charged to those participants who do not bring their USMS card or have not pre-mailed a copy of their card prior to the event. A completed entry form with the exact entry fee (credit cards not accepted) will be appreciated for race day entries. USMS single day registration avail-

2019 Whiskeytown Lake Open Water Swim Official Entry Form FOR MASTERS

Sanctioned by PMS for USMS, Inc. Sanction # XX-XXXX

Online Registration is available:
Go to the following URL at Club Assst.
https://www.clubassistant.com/club/
meet_information.cfm?c=2204&smid=8094

Mail Completed Form To:
Whiskeytown Lake Swim
P.O. Box 992112
Redding, CA 96099-2112

PLEASE PRINT

Name															
Address															
City															
Date of Birth	Month	Day	Year	Age	On Race Day	USMS Reg. #									
Event	Category 1 or 2														
Fee	(see opposite page)														
T-shirt: S M L XL \$15	Total: \$ _____														
Phone (_____) _____															
State	Zip	Sex	M	F											
Club Initials															

(Remember, you must attach a copy of you USMS membership card HERE)



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"):

- 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.
- 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 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.
- 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.
- 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.
- 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	M	F	Date of Birth
Street address	City, state zip					
Signature of Participant						Date Signed