

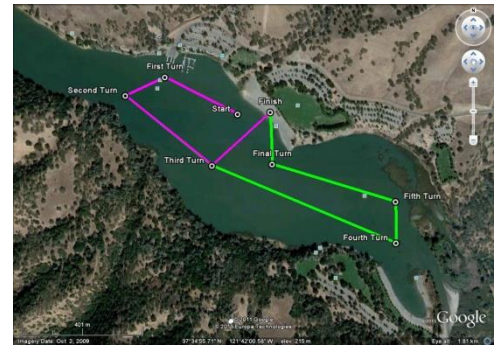
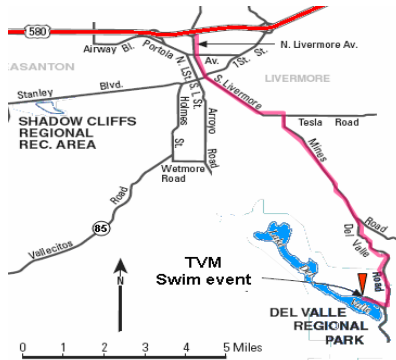


**2020 Del Valle Open Water Festival
5k USMS National Championship / 10k swims
Saturday, June 13, 2020 Lake Del Valle, Livermore, California
PMS/USMS, Inc., Sanction # 389-W001**



Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Ave exit and head south 3.9 mi (North Livermore Av will become South Livermore Ave). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake.
www.ebparks.org/parks/delval.htm



Race Start/Cutoff Times

The 10k swim starts at 8:00 A.M. / 5k swim begins at 8:10 A.M. There will be one wave for the 10k and one wave for the 5k race. Race start times are approximate. Cutoff time will be 11:30 A.M. for both races. **10k swimmers not passing turn buoy 6 after their third lap 2 1/2 hours from the start will be directed to swim to shore from turn buoy 6.** Registration is from 6:30 to 7:30 A.M. The waves will be denoted by different color caps and start 10 minutes apart.

Course/Feeding: The 10k race will be four loops of a 2.5 km course. The 5k race will be two loops. A feeding station will be provided in the water at the 2.5k marker (start buoys) with water, electrolyte replacement and energy gel. Individual escort kayaks are not allowed.

Awards

5k USMS National Championship – Commemorative medals will be given to the first 3 finishers in each sex/age in the Category 1 (non-wetsuit division). Long Distance National Championship medals will be given to 4-10th place finishers in each sex/age in the Category 1 (non-wetsuit division) Age groups (19-24, 25-29, etc). **5K Category 2 (Wetsuit Division-Not a national championship division):** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. **USMS 10k** - Medals will be given to the first 3 finishers in each sex/age in the Category 1 (non-wetsuit division) (19-24, 25-29, etc). **Category 2 (Wetsuit Division):** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 10k race finishes. Official results will be posted on www.trivalleymasters.com and www.pacificmasters.org

Conditions/Safety

Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only—swimming outside of this area for warm up will result in disqualification.**

**Race participant entries for the 5k/10k is limited to 350 total swimmers.
Online and race day registration will be closed when this limit is met.**

Register Online at www.teamunify.com/dvowf

Contact Information Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918



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**Register Online at www.teamunify.com/dvowf
ONLINE REGISTRATION WORKSHEET**

| | | | | | |
|---------------------------|--|---------------------|-------------|-----------------|--|
| Last Name _____ | | First Name _____ | | USMS# _____ | |
| Address _____ | | | Phone _____ | | |
| E-Mail _____ | | | | Club _____ | |
| Date of Birth _____ | | Circle Gender M W | | | |
| Emergency Contact: | | | | | |
| Name _____ | | Relationship: _____ | | Contact # _____ | |

| | | | | |
|---|---------------------------|--|---------|---------------|
| Select races: <input type="radio"/> 5k | <input type="radio"/> 10k | <i>Pre-race (10k must be pre-entered by 6/7/20)</i> | \$75 | \$ _____ |
| | | <i>(Online processing fee waived prior to 5/14/20)</i> | | |
| Wet-suit: <input type="radio"/> Yes | <input type="radio"/> No | <i>Race day registration for 5k only</i> | \$85 | \$ _____ |
| | | (if race limit is not filled) | | |
| T-shirt - Circle size: | S M L XL | <i>Pre-order by 5/28:</i> | T-shirt | \$10 \$ _____ |
| T-shirt - Gender: | Male/Female | All Sales Final. No Refunds. | Total | \$ _____ |

**Online processing fee of \$5.00 waived on all online entries prior to 11:59PM on 5/14/20.
Online registration for the 10k closes 11:59PM on 6/7/20 or when race participant limit of 350 swimmers for the 5k and 10k combined is reached. No race day entries allowed for the 10K.
Online registration for the 5k closes 11:59PM on 6/11/20 or when race participant limit is reached.
Pre-Order t-shirts by 5/28**

NO REFUNDS

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website <http://www.usms.org/reg>. You may also obtain USMS membership on race day.

**ALL SWIMMERS MUST CAREFULLY READ AND SIGN A
WAIVER TO PARTICIPATE**

Register Online at www.teamunify.com/dvowf
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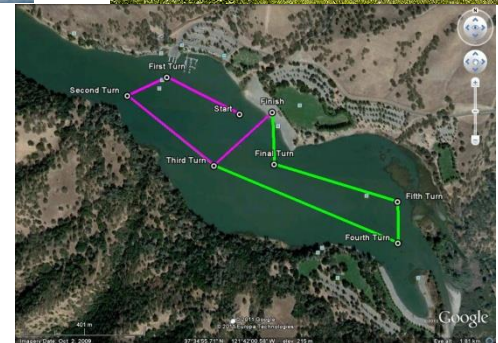


2020 Del Valle Open Water Festival
1.2k / 2.5k swim / Just for Fun Divisions
Sunday, June 14, 2020 Lake Del Valle, Livermore, California
PMS/USMS, Inc., Sanction # 389-W001



Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake.
www.ebparks.org/parks/delval.htm



Race Start/Cutoff Times: The 1.2k swim begins at 8:30 A.M. and the 2.5k swim begins at 10:00 A.M. Race start times are approximate. Cutoff times are 50 minutes for the 1.2k swim and 90 minutes for the 2.5k swim. **Swimmers not passing turn buoy 6, 85 minutes from the start will be disqualified and removed from the course by safety personnel.** Registration is from 6:45 to 9:15 A.M. Registration for the 1.2km race will close at 8:00AM. Swimmers will be seeded in waves fast to slow. "No Time" entries will be seeded in the slowest wave. Wetsuits will be seeded in a separate wave. The waves will be denoted by different color caps and start 5-10 minutes apart. **Just for Fun Division:** Fins or pull buoy allowed - no other toys or devices - all proceeds benefitting 2020 Natural Disaster Relief Efforts

Awards: USMS 1.2k and 2.5k Swim - Medals will be given to the first 3 finishers in each sex/age in the Category 1 (non-wetsuit division) (19-24, 25-29, etc). **Category 2 (Wetsuit Division):** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. **Just for Fun Division:** Awards will be given to top three finishers of all entrants in division. Preliminary results for all races will be posted on site 30 min after the last swimmer in the 2.5km race finishes. Official results will be posted on www.trivalleymasters.com and www.pacificmasters.org

Conditions/Safety: Expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap and follow all USMS rules. **Warm-up in designated roped in swim area only-swimming outside of this area for warm up will result in disqualification.**

ALL SWIMMERS MUST REGISTER ONLINE AND CAREFULLY READ AND SIGN A WAIVER TO PARTICIPATE

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1.2k / 2.5km swim**

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**Register Online at www.teamunify.com/dvowf
ONLINE REGISTRATION WORKSHEET**

Last Name _____ First Name _____ MI ____ **USMS#** _____

Address _____ Phone _____

E-Mail _____ Club _____

Date of Birth _____ Circle Gender M W

Estimated 1650/1500 (mile) time for waves seeding _____ (A blank time entry will be placed in the 2nd or 3rd wave). We will randomly check the USMS database to validate times. Please be accurate.

Emergency Contact:

Name _____ Relationship: _____ Contact # _____

Select races: Both 1.2k 2.5k *Pre-race* \$45 for one; \$55 for both \$ _____
Just For Fun: Yes No (Online processing fee waived prior to 5/14/20)
Wet-suit: Yes No *Race day registration:* \$60 for one; \$70 for both \$ _____

T-shirt - Circle size: **S M L XL** *Pre-order by 5/28:* T-shirt \$10 \$ _____
T-shirt - Gender: **Male/Female** **All Sales Final. No Refunds.** Total \$ _____

**Online processing fee of \$5.00 waived on all online entries prior to 11:59PM on 5/14/20.
Pre-Order t-shirts by 5/28
Online registration closes 11:59PM on 6/11/20**

NO REFUNDS

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