



# Terry

Laughlin's 2-mile  
**Memorial**  
Cable Swim

## 2020 National Championship



U.S. Masters Swimming | Sanctioned by Adirondack LMSC for USMS Inc. | *Sanction # pending*  
Saturday, August 15th, 2020

Register Online: <https://runsignup.com/terry-2-mile-nc-swim>

### Events

- Terry's 2-mile cable swim, *Heat 1* starts at 9:30 am; swimmers must check in by 9:15 am; mandatory pre-race meeting at 9:15 am
- Terry's 2-mile cable swim, *Heat 2* starts at 10:30; swimmers must check in by 10:15 am; mandatory pre-race meeting at 10:15 am
- Betsy Owens 1-mile cable swim will not take place in 2020.

### Course

The course is a ¼ mile-long underwater cable marked with buoys. The 2-mile swim is four laps around the cable. There will be two heats swum in the same direction (clockwise or counterclockwise), which will be determined by the toss of a coin (national championship medal) during Friday afternoon course set up. Both the start and finish are in-water. Times are eligible for USMS long-distance national records.

### Schedule of Events

**8:00 am** Check-in opens; coin toss to determine course direction; warm-up opens

**9:00 am** Check-in Closes for Heat 1

**9:15 am** Mandatory pre-race meeting for Heat 1; warm-up on course ends

**9:30 am** Start of Heat 1

**10:00 am** Check-in closes for Heat 2

**10:15 am** Mandatory pre-race meeting for Heat 2

**10:30 am (or immediately following finish of Heat 1)** Start of Heat 2

### Eligibility

Each swimmer's age shall be determined by their age on December 31, 2020, **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 or renew USMS memberships at [www.usms.org/join-or-renew](http://www.usms.org/join-or-renew).

## Rules

Current USMS rules will govern this event.

Category I suits only; Category II suits are NOT permitted for this event.

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>

Refer to section 303.4 of the 2020 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 made from textile materials & 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:

- Swimwear that does not meet the requirements of Category I

## Awards

National Championship medals will be awarded to the top 6 finishers in each age group; National Championship patches will be awarded to each age group winner.

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

All swimmers with the fastest time in each age group are eligible for All American status.

## Entry fees

Entry fee is \$65/\$70/\$75, with price increases on June 1<sup>st</sup> and July 27<sup>th</sup>. Entry fee includes swim cap & post-race refreshments.

## 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 10th** at 11:59 PM EDT.

## Race-day entries

LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED.

## Safety is Our Primary Concern

Safety boats and paddlers will monitor the entire course and Lake Placid Ambulance Service will be on-call within one mile of the event. No motorized crafts are allowed on the lake.

## **Warm Up**

After the course direction has been determined, warm-up **MUST** be swum in that direction only. Heat 2 will start as soon as possible after Heat 1 has finished. There will be no warm-up allowed on the course after the start of Heat 1.

## **Time Limit**

For safety reasons, swimmers who cannot complete 2 miles in 1hr 45 minutes are advised not to enter; swimmers on the course after 1hr 45 minutes may be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the swim. Swimmers must wear the provided swim cap during the swim, have their race number on their arms/back, and follow all announced safety rules without exception.

## **Seeding**

Swimmers will be seeded fastest to slowest, using each swimmer's time for a 1650 yd. pool swim. "No time" entries will not be accepted. There will be no seeding changes once heat sheets are posted.

## **Starts**

Each heat will consist of seeded waves of 8-10 swimmers each starting 30 seconds apart.

## **Water Temperature**

70 – 80 degrees Fahrenheit

## **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:**

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## 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)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    | Date Signed              |                          |