



The YMCA Madison Mile Presents:

2008 USMS One-Mile Open Water National Championship 2008 Connecticut Swimming, Inc., Open Water Championship

Saturday, June 21, 2008 9:00 AM
The Surf Club, Madison, CT

Sponsored by: Valley Shore YMCA, Madison Beach & Rec.
Sanction Number: 058004

EVENTS:

- One- Mile National USMS Championship
- One-Mile Connecticut Swimming, Inc., Open Water Championship in Long Island Sound.
- Mini-Mile Swim (approx 500yds) (Ages 9-12)

* Courses will be counter-clockwise with the centerline on the swimmers' left. Start and finish on the beach.

CHECK-IN: Registration Check in: 7:45 am
Warm-up: 7:45-8:50 am
Briefing: 8:50 am.

Championship Race Start:

Wave 1 - 9:00am USMS Male Swimmers Ages 18-44
Wave 2 - 9:05am USMS Male Swimmers Ages 45+
Wave 3 - 9:10am USMS Female Swimmers Ages 18-44
Wave 4 - 9:15am USMS Female Swimmers Ages 45+
Wave 5 - 9:20am Wetsuit Swimmers
Wave 6 - 9:30 am Mini Mile Start: (all Swimmers ages 9-12)
Wave 7 - 9:45am USA Male Swimmers Ages 15+
Wave 8 - 9:50am USA Female Swimmers Ages 15+
Wave 9 - 9:55am USA Male Swimmers Ages 11-14
Wave 10 - 10:00am USA Female Swimmers Ages 11-14

ELIGIBILITY: Open to swimmers 18 years & over as of June 21, 2008. All swimmers must be registered with USMS. You must submit a copy of your 2008 registration or a completed One Event Registration Form (\$15), or a completed Annual Registration Form (\$40). Entries without a copy of the 2008 USMS card or a completed registration form will be returned.

ENTRIES: Must be received by Monday June 16, 2008. Late and race day entries will not be accepted. Entry fee is \$40.00 and includes a 100% cotton T-shirt.

Make checks payable to *Valley Shore YMCA* and mail to:
YMCA Madison Mile
c/o VSYMCA
PO Box 694
Westbrook, CT 06498

ONLINE ENTRY: Available at
http://www.active.com/event_detail.cfm?event_id=1556377

DISABLED SWIMMERS: We encourage disabled swimmers to participate. Each disabled swimmer should contact Jen Lyman @ 203-464-6903 in advance to make any necessary special arrangements.

SAFETY: Swimmers unable to complete 1 mile in 1 hour are advised not to enter. Swimmers still on the course after the 60-min. time limit will be stopped and listed as DNF in the results. In case of inclement weather, the race director may close the course and prevent swimmers from completing the swim. Entry fee includes a highly visible swim cap that must be worn during the swim and all swimmers must have their race numbers on their arms. Lifeguards, kayaks, safety jet skis will monitor the race course, and local EMTs will be present.

WATER TEMPERATURE: 60-70°F.

WETSUITS may be worn but swimmers will have a separate start and finish. Times will be posted in a separate category and are not eligible for USMS National Championship awards or record consideration. To wear a wetsuit, you must declare it on your entry. Changes may not be made on race day.

USMS AWARDS: USMS National Championship medals will be awarded to the top 6 men and women in each age group: 18-24, 25-29, 30-34...100+. Championship patches will be awarded to the winner of each age group. **One-event registrants** will not be eligible for All-American status. There will be a separate category for wetsuits. Results will be posted at www.vsymca.org.

TIMING: Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

ACCOMMODATIONS: Madison Chamber of Commerce, www.madisonct.com, 203-245-7394. Additional info will be posted on www.ycamadisonmile.org and www.vsymca.org.

DIRECTIONS:

I-95 North or South to Exit 61 (Rte 79). Take left off exit if heading South/Right off exit if heading North. Proceed ½ mile to 3rd Light. Turn right onto Rte 1. Proceed for approximately ½ mile and turn left on West Wharf Rd. (Madison CC is on corner). At next stop sign, turn right on Surf Club Rd and proceed into Surf Club. Carpooling is encouraged. Madison Beach & Recreation is a welcoming host for this event, however, all Madison Mile participants must make arrangements prior to race day with the town of Madison should you wish to extend your stay at the Surf Club beyond the event.

For more information, contact:

Allison Pelliccio, 203-506-7868, or Jen Lyman, 203-464-6903 or email raceinfo@ymcamadisonmile.org.

YMCA Madison Mile

2008 USMS One-Mile National Championship Entry Form

Staple legible copy of 2008 USMS card here & complete the following information.

Eve Phone (____) _____

Email _____

Emergency Contact:

Name: _____

Phone: _____

EVENT (Circle One)	Will you wear A Wetsuit?
National Mile	<input type="checkbox"/> Yes <input type="checkbox"/> No

\$40.00	Entry Fee Due By June 16th	_____	Completed entry form
\$ _____	T-Shirt (included in entry fee; additional shirts, \$12 each) Circle Size: S M L XL / XXL or XXXL (\$3.00 add'l)	_____	Copy of USMS card
\$ _____	USMS 2008 Registration if required (\$40)	_____	Or
\$ _____	USMS One Event Registration if required (\$15)*	_____	USMS Annual Registration form (\$40)
\$ _____	Total Enclosed (Check payable to Valley Shore YMCA)	_____	One Event Registration form (if applicable) (\$15)

Sign release below. Send entry & check to: YMCA Madison Mile, c/o VSYMCA, PO Box 694, Westbrook, CT 06498.

MUST BE RECEIVED BY JUNE 16, 2008

RELEASE OF LIABILITY BY PARTICIPANT: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

DATE _____ **SIGNATURE** _____

2 Ways to Join USMS:

Annual USMS Membership Registration information can be found at:

<http://www.usms.org/reg/?LMSCID=5> .

One Event Registration Forms may be found on page 12 at:

http://www.usms.org/admin/lmschb/lmsc_hb_reg.pdf .

Please complete either on-line or mail-in USMS registration (sending payment and documents to the appropriate authority), then enclose a copy of your completed form with this application form.