



9th Annual
Betsy Owens Memorial Lake Swims
One Mile and Two Miles
Mirror Lake in Lake Placid, New York
Saturday, August 14, 2010



Sponsored by: Adirondack District Masters & North Elba Park District
Sanctioned by: ADMS for United States Masters Swimming, Sanction #030-004

SAVE TIME, SAVE PAPER, AVOID ERRORS: REGISTER ONLINE AT
https://www.ClubAssistant.com/club/meet_information.cfm?c=1538&smid=2366

Events:

1-mile swim at 10:00 am
2-mile swim at 11:30 am

Course: The 1-mile swim will consist of 2 laps in a counter-clockwise direction around a 1/4-mile course over an underwater cable marked with buoys; the 2-mile swim will be four laps in a clockwise direction over the 1/4 mile course. Times for both races are eligible for USMS long-distance national records.

Check-in: 1-mile swimmers must check in by 9:45;
2-mile swimmers must check in by 11:15

Mandatory Pre-race Meetings: 1-mile: 9:45;
2-mile: 11:15

Eligibility: Open to all swimmers 18 years & over as of August 14, 2010. All swimmers must be registered with USMS or FINA. You must submit a copy of your 2010 registration card with your entry. One-event registration is available for \$15.00. Non-registered swimmers use the one-event form included on the entry form. Entries without a copy of the 2010 USMS/FINA card or a completed One-Event Registration Form will be returned.

Entry fees: Entry fee is \$40 for one event or \$60 for both. Net proceeds will be donated to Breast Cancer research in memory of event founder and former ADMS Chair Betsy Owens. Entry fee includes cap & post-race picnic; guests \$10 each with entry; \$15 on race day.

Deadline: Paper entries must be received by **Wed., August 4; online entries close Mon., August 9.**
Make checks payable to **ADMS** and mail to:

David Dammerman,
26F Congress St., #301,
Saratoga Springs, NY 12866.

No Race-day entries. LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED except for relays.

Relays: See relay entry for more information

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours are advised not to enter. Swimmers still on the course after the time limits will be stopped. In the event of inclement weather, the referee may close the course and thereby prevent swimmers from completing the swim. Wetsuits are allowed, but those swimmers will compete in a separate category and will be seeded in the last waves. Entry fee includes a highly visible swim cap that must be worn during the swim. No motorized craft are allowed on the lake. Lifeguards and kayaks will monitor the course and safety personnel will be on shore.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seedtime. "No Time" & wetsuit entries will be seeded last. Races will be seeded before race day, so you must declare if you plan to wear a wetsuit on your entry. Seeding changes will not be allowed on race day.

Awards: Awards will be given to the top men & women finishers in each age group: 18-24, 25-29, 30-34...100+. There will be a separate category for wetsuits. Awards will be given out at the post-race picnic. Results will be posted at www.adms.org.

For more information contact:
Ann Svenson (annb48@earthlink.net)
David Dammerman (dddammerman@yahoo.com)

Accommodations: 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 for Keeseville and Ausable Forks, Rt 9N, to Rt 86 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. Map: <http://bit.ly/9NTVrU>

Betsy Owens 1-Mile & 2-Mile Open Water Swims Entry Form

August 14, 2010, Mirror Lake, Lake Placid, New York

Staple legible copy of USMS/FINA card here & complete the following information (Please trim)

Eve Phone (____) _____

Email _____

Emergency Contact:

Name: _____

Phone: _____

EVENT (Circle One)	1650 YD TIME (Entries with no time seeded last)	Wetsuit?
1-MILE counter-clockwise		<input type="checkbox"/> Yes <input type="checkbox"/> No
2-MILE clockwise		<input type="checkbox"/> Yes <input type="checkbox"/> No

		Checklist	✓
Entry Fee (must be received by August 4)	\$40.00	Completed entry form	<input type="checkbox"/>
Entry Fee for 2 events	\$60.00	Copy of USMS card or	<input type="checkbox"/>
One-Event Registration Fee, if applicable	\$15.00	One Event Reg. Form	<input type="checkbox"/>
T-Shirt (included in entry fee; additional shirts, \$15 each) Circle Size: S M L XL ; XXL or XXXL (\$3.00 add'l)	\$_____	Signed Release	<input type="checkbox"/>
____ # of Picnic Guests (\$10.00 ea)	\$_____	T-shirt size & picnic info	<input type="checkbox"/>
Relay Entry Fee(s) \$6/person; ____ x \$6 Enclose relay form(s) (below)	\$_____	Check payable to ADMS	<input type="checkbox"/>
Total Enclosed (Check payable to ADMS)	\$_____		

Sign release below & send entry & check payable to ADMS to:

David Dammerman,
26F Congress St., #301,
Saratoga Springs, NY 12866.

MUST BE RECEIVED BY AUGUST 4, 2010 (Online entries open til midnight 8/9/10!)

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** _____

2010 ONE EVENT MEMBERSHIP APPLICATION



2010 ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$12.00

LFINA Fee: 3.00

TOTAL FEE 15.00

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

OEVT - One Event Membership Event Date: 8/14/10

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 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.

Signature _____

Betsy Owens 1-Mile & 2-Mile Open Water Swims Relay Information & Entry Form

August 14, 2010, Mirror Lake, Lake Placid, New York

Relays may be organized in each event in the following categories: 3 women, 3 men or 4-person mixed (2 women, 2 men). The age of the youngest swimmer determines the age of the relay: 18+, 25+, 35+, etc. Each relay member must swim the individual event. All relay members must be registered with the same USMS club. Unattached swimmers are not allowed on USMS relays. Swimmers will be allowed to swim on only one same-gender and one mixed-gender USMS relay. Finish times for all swimmers on a relay will be added together, and the relay with the lowest total time in each division will be the winner. Relays are eligible for USMS Long Distance Relay records.

Fees & Deadlines: Relay entries may be mailed in before the race by August 4 for \$6/person or after the race for \$10/person when official race results are posted. All relays entries must be received by August 23. All proceeds from relays go directly to the breast cancer research charity. Please complete one form for each relay.

Make checks payable to **ADMS** and mail to:
David Dammerman,
26F Congress St., #301,
Saratoga Springs, NY 12866.

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RELAY ENTRY FORM

Circle Relay Type: Women (3) Men (3) Mixed (2 Women & 2 Men) Relay Age Group : _____
Relay Distance: 1-mile 2-mile
USMS Club Name: _____ USMS Club Abbr: _____

Swimmer Name (as it appears on Registration Card)	Gender circle	Age	*DOB	*USMS #
#1 _____	W or M	_____	__/__/__	_____
#2 _____	W or M	_____	__/__/__	_____
#3 _____	W or M	_____	__/__/__	_____
#4 _____	W or M	_____	__/__/__	_____

* Race director will complete this info