

Adirondack District Masters Swimming
One-Mile and Two-Mile Open Water Swims
at
Mirror Lake in Lake Placid, New York
Saturday, August 23, 2003, 11 am

Sponsored by: Adirondack District Masters & North Elba Park District
Sanctioned by: ADMS for United States Masters Swimming, Sanction #033002

Events: There will be two races: a 1-mile and 2-mile swim. The 1-mile swim will consist of two laps around a quarter-mile course marked with buoys; the two-mile will be four laps. The races will start and be swum concurrently. If the number of entrants warrants a wave start, swimmers will be seeded from fast to slow according to 1650 seed time. "No Time" entrants will be seeded in the slowest heats.

Check-in: All pre-registered swimmers must check in by 10:45.

Race-day entries: Available 9:30-10:30 ONLY. Note that race-day entries will be seeded at the end of their respective heats, not according to a seed time.

Eligibility: Open to all swimmers 19 years & over as of August 23, 2003. All swimmers must be registered with USMS or MSC. You must submit a copy of your 2003 registration card with your entry. One-event registration is available for \$10.00 for pre-registered and race-day entrants. Non-registered swimmers use the one-event form included on the entry form. Entries without a copy of the 2003 USMS/MSD card or a completed One-Event Registration Form will be returned.

Safety: For safety reasons, swimmers who cannot complete one mile in one hour or two 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 race director may close the course and thereby prevent swimmers from completing the swim. Wetsuits are allowed, but those swimmers will compete in a separate category. Entry fee includes a highly visible swim cap that must be worn during the swim. No motorized craft are allowed on the lake. Paddlers will provide safety.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seedtime. No Time & race-day entries will be seeded last.

Awards: Awards to the top men & women finishers in each age group: 19-24, 25-29, 30-34...100+. There will be a separate category for wetsuits. Awards will not be mailed. Results will be posted at www.adms.org.

Entry fees: Entry fee is \$15 per individual for all entries received by **Tuesday, August 19**. Race-day entries (for both heats) will be available for \$20 from 9:30 to 10:30 ONLY. All entries received after Tuesday, August 19, will be considered race-day entries and the extra fee must be paid. DO NOT mail entries after Monday, August 18.

Make checks payable to ADMS and mail to:
Mary Field, Race Director
366 Burgoyne Road
Saratoga Springs, NY 12866

For more information contact:
Mary Field, 518-356-9903 x.14 (work) or email frankfield@earthlink.net

Accommodations: Lake Placid Tourism 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. Village beach on Mirror Lake in town of Lake Placid is located near center of village and Main St. Street parking is available near the venue on day of event.

ADMS One-Mile and Two-Mile Open Water Entry Form

August 23, 2003, Mirror Lake, Lake Placid, New York

EVENT (Circle One)	1650 YD TIME (Entries with no time seeded last)
1-MILE	
2-MILE	

**Staple legible copy of USMS/MSC card here
(Please trim)**

Name _____
 Street _____
 City, State, Zip _____
 Eve Phone (_____) _____ Sex _____
 Birth Date _____ Age on 8/23/03 _____
 Email _____
 USMS/MSC No. _____
 Emergency Contact: Name: _____
 Phone: _____

Entry Fees (make checks payable to ADMS)

____ Race: \$15.00

____ One-Event Registration (for non-registered entrants only): \$10.00 (Complete & sign form below)

Total Payment Enclosed: \$ _____

Sign release below & send entry & check to:

Mary Field, 366 Burgoyne Rd., Saratoga Springs, NY 12866

MUST BE RECEIVED BY AUGUST 19, 2003

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 _____

2003 ONE EVENT REGISTRATION FORM



2003 ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$8.00
LMSC Fee: 2.00
TOTAL FEE \$10.00

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	Race Date		
Mo.	Day	Yr		Mo	Day	Yr

OEVT - One Event Membership Event Date:

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 _____