



Betsy Owens Memorial Lake Swim

2007 USMS Two-Mile Cable National Championship

Mirror Lake in Lake Placid, New York
Saturday, August 18, 2007, 10:30 am



Sponsored by: Adirondack District Masters & North Elba Park District
Sanctioned by: ADMS for United States Masters Swimming, Sanction #037-003

Event: This will be a 2-mile swim, consisting of four laps around a quarter-mile course over an underwater cable marked with buoys. There will be two heats. The first heat will swim in a counter-clockwise direction starting at 10:30 AM; the second heat will swim in a clockwise direction upon the completion of the first heat.

Check-in: Heat 1: 9:00-10:00 AM. Heat 2: closes at 11:15.

NO RACE DAY ENTRIES

Eligibility: Open to all swimmers 18 years & over as of August 18, 2007. All swimmers must be registered with USMS or MSC. You must submit a copy of your 2007 registration or a completed One Event Registration Form (\$15), or a completed Annual Registration Form (\$30). Entries without a copy of the 2007 USMS/MS card or a completed registration form will be returned.

Entries: All entries must be received by **Tuesday, August 7**. LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED. Entry fee is \$40.00. Fee includes a 100% cotton T-shirt. Indicate size on entry form. (For T-shirts larger than XL, please add \$3.00 and indicate size.) To guarantee T-shirt size, entry must be received no later than **Wednesday, August 1**.

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

Safety: For safety reasons, swimmers who cannot complete 2 miles in 1-1/2 hours are advised not to enter. Swimmers still on the course after the time limit will 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. 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.

Water temperature: 70-80°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. If you plan to wear a wetsuit, you must declare it on your entry. Changes may not be made on race day.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seedtime and will be started 10 swimmers at a time. "No Time" will be seeded in the slower waves of each heat. Races will be seeded before race day, so seeding changes will not be allowed on race day.

Awards: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group: 18-24, 25-29, 30-34...100+. USMS National Championship patches will be awarded to the winner of each age group. **One event registrants** will not be eligible for records or All-American status. There will be a separate category for wetsuits. Results will be posted at www.adms.org or sent to you if so indicated on the entry form.

Post-race Picnic & Awards Ceremony: Free for all entrants and volunteers. Guests over age 10, \$5.00.

Accommodations:

Lake Placid Visitors Bureau, 518-523-2445
Saranac Lake Chamber of Commerce, 518-891-1990
Quick links to Lake Placid websites at www.adms.org.

Directions: Approximately 2:45 from Albany Airport.
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.

For more information, contact:

Mary Field, 518-583-4048, or email mefield@verizon.net
Ann Svenson, stroke-editor@earthlink.net

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2007 USMS Two-Mile Cable National Championship Entry Form

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

Eve Phone (____) _____

Email _____

Emergency Contact:

Name: _____

Phone: _____

Check here if you would like results mailed to you

EVENT (Circle One)	1650 YD TIME (Entries with no time seeded last)	Wetsuit?
Heat 1 counter-clockwise		__ Yes __ No
Heat 2 Clockwise		__ Yes __ No

\$40.00	Entry Fee Due by August 7 (or Aug. 1 to guarantee T-shirt size)	_____	Completed entry form
\$_____	Long sleeve 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 2007 Registration if required (\$30)	_____	Or
\$_____	USMS One Event Registration if required (\$15)	_____	USMS Annual Registration form
\$_____	_____ # of Picnic Guests over age 10 (\$5 ea)	_____	Or
\$_____	Total Enclosed (Check payable to ADMS)	_____	One Event Registration form (if applicable)

**Sign release below & send entry & check to: ADMS, c/o Mary Field, 366 Burgoyne Rd., Saratoga Springs, NY 12866
MUST BE RECEIVED BY AUGUST 7, 2007**

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 _____

2007 ONE EVENT REGISTRATION FORM



2007 ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$8.00

LMSC Fee: \$7.00

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: 8/18/07

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 _____