

GILBERT LAKE OPEN WATER SWIM
A HALF-MILE, ONE MILE OR TWO MILE OPEN WATER SWIM

Sanctioned by Adirondack District Masters Swimming for USMS, Inc. #035-004

August 27, 2005

10:00 AM

Warm-up 9:30 AM

Gilbert Lake State Park, Laurens, NY Take exit 13 of I-88. Proceed north on Route 205 approximately 6 miles. Turn left into Laurens. At the 'T' turn left and the road will curve. Past the school, turn right at the sign for Gilbert Lake. Enter Gilbert Lake State Park and go to the swimming area at the north end of the lake. There is a \$6.00 per vehicle parking fee.

Open to all USMS registered swimmers 18 years of age and older as of August 27, 2005. The meet entry fee is \$12.00 until August 21, 2005. The entry fee is \$15.00 from August 22, 2005 to August 26, 2005. The race day entry fee is \$20.00. Those registering on race day should bring a copy of their card if they are USMS registered in 2005. If you are not, single event USMS registrations will be available at the beach for \$15.00.

Race day registration will be open from 9:00 AM to 9:45 AM. There will be a mandatory meeting for all swimmers at 9:45 AM and racing will start promptly at 10:00 AM.

The event will be governed by the 2005 USMS open water rules, which are available at www.usms.org. The safety of the swimmers is the first priority; therefore the swimming event may be delayed or cancelled due to bad weather.

Each athlete shall bring a dish to pass for the post race picnic.

To enter, complete the registration information below, include a check (payable to ADMS) for the appropriate entry fee, attach a copy of your 2005 USMS registration card, and mail to: Verna Engstrom-Heg, 2971 State Highway 28 South, Oneonta, NY 13820-6422. PH: 607-829-8785 email: bobverna@wpe.com

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.

DATE _____ SIGNATURE _____

In case of emergency, contact: Name _____ Phone: _____

Name: _____ USMS#: _____ Phone: _____

Age: _____ Gender: M__ F__ Distance: ½ Mile _____ **OR** 1 Mile _____ **OR** 2 Miles _____