

Gilbert Lake State Park

Laurens, New York

8/7 at Gilbert Lake

Oneonta Family YMCA Gilbert Lake Open Water Swim

Saturday August 7, 2010

9:30 a.m. start time



EVENT: 1 mile, 2 mile or ½ mile swim in Gilbert Lake

TIME: Check-in begins at 8:30 a.m. and ends at 9:00 a.m. **ALL swimmers must check in by 9:00 am.**

Mandatory pre-race meeting – 9:15 a.m. You must be checked-in and attend this meeting to be eligible to swim.

Starts: 2 mile 9:30 a.m., 1 mile 9:30 a.m., ½ mile 9:45 a.m.

Any swimmer still on the course at 11:00 will be pulled from the water

Where: Gilbert Lake State Park Beach, 18 CCC Road Laurens, NY 13796

Eligibility: Open to all swimmers. For those under 13 – competency must be verified, in writing, and signed by a non-parent coach or swim instructor, please include with application.

Entry and Fee: The fee is \$25 (+ \$15 if ordering shirt). Mail check and application to: Oneonta Family YMCA Open Water Swim 20-26 Ford Avenue, Oneonta, NY 13820.

All forms must be received by the **entry deadline of August 5, 2010 5:00 p.m.** A late \$10 registration fee will be required for all entries after the deadline. Race day deadline is 9:00 a.m.

You may purchase Brooks' Barbecue lunch for \$5.00. How many? _____

A limited number of shirts will be available race day, please order your shirt in advance.

AWARDS: Commemorative ribbons to all finishers. The first male and female finishers in each age group will receive medals.

Age groups: 12 and under, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over

Wetsuit Division: All ages competing together. Awards only for the overall male/female winner in 1 and 2 mile. Wetsuit division will be cancelled if the water is above 78 degrees.

FLOTATION AIDS ARE NOT ALLOWED

Race Day Changes: You may change your distance or whether to use a wetsuit or not on the race morning by 9:00 a.m.

Contact: *Christiana Frye (607) 432-0010, Oneonta Family YMCA 20-26 Ford Avenue, Oneonta, NY 13820.*

Enclose a stamped/self addressed envelope if you want entry confirmation.

Oneonta YMCA Gilbert Lake Open Water Swim

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Gilbert Lake 8/7

Name: _____
(first), (last)

Address: _____

City, State: _____ zip: _____

Phone: _____ e-mail: _____

Birthdate: _____ Age (as of Aug. 7th): _____

Gender: (circle) M F

I plan to swim: (circle) 1 mile 2 mile 1/2 mile

Wetsuit (circle) Yes No

Short sleeve T-Shirt: Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___

Entry Fee: \$25.00 (+ \$15 for shirt) (\$35.00 (+ \$15.00 for shirt) after August 5, 5PM)

TOTAL ENCLOSED: _____ **Make checks payable to Oneonta YMCA.** No refunds will be granted unless weather causes cancellation. Shirts will be distributed on race day at check-in. I, the undersigned participant, intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by my physician. I acknowledge that I am aware of all of the risks involved in open water swimming, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE GILBERT LAKE SWIM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: ONEONTA YMCA, UNITED STATES MASTERS SWIMMING, INC., ORCAS SWIM TEAM, THE HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING THE EVENT. In addition, I agree to abide by and be governed by the rules set by The National YMCA. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____ Date: _____

Parent/ Guardian's Signature (under 18) _____ Date: _____

Eligibility: Open to all swimmers. For those under 13 written competency verification required signed by coach or swim instructor.

No rain date
Please donate my registration fee to the Oneonta Family YMCA and Orca Swim Team in the case of lightening resulting in the cancellation of the Gilbert Lake Swim.

Please refund my registration fee in the enclosed stamped envelope in case of lightening.