



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 9, 2011

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by: LMSC of Virginia for U.S. Masters Swimming, Inc. Sanction # 121-05
SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org
Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records.

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM
1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 9, 2011. **Paper entries must include a copy of your 2011 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$25.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2011 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by **June 30, 2011. Online entries will close at 11:59pm Eastern Time on July 4, 2011.** Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT 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 race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel (6 miles from lake) 990 Hilton Heights Rd. Charlottesville, VA 22901 (434) 973-2121 or (800) 222-TREE	Hampton Inn (9 miles from lake) 2035 India Rd. Charlottesville, VA 22901 434-978-7888 or (800) 426-7866
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Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsyville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:


Dave Holland, 804-282-6224
Email: HenryDaFif@aol.com



2011 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

	<p>US MASTERS SWIMMING PLEASE STAPLE A LEGIBLE COPY OF YOUR 2011 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
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2- MILE 8:30 am	>>>> Clockwise <<<<	1650 yd time: ____ : ____
1- MILE 10:30 am	<<<< Counter-Clockwise >>>>	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 25.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each XS-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) XS S M L XL XXL XXXL
 Additional T-Shirts: indicate quantity and size: _____

Please re-check the checklist to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by June 30, 2011 to:
Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832

RELEASE BY PARTICIPANT FROM LIABILITY

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 Swimming, Inc.; Virginia Swimming, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event. In addition, I agree to abide by and be governed by the rules of the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ DATE: _____ AGE ON 7/9/11: _____

Phone (H): _____ Phone (W): _____ E-Mail: _____

PLEASE PRINT CLEARLY