

2007 EASTERN STATES 2-MILE CABLE SWIM



**Chris Greene Lake
Charlottesville, Virginia
Saturday, July 7, 2007
(07-07-07)**

Sponsored By:
Virginia Masters Swim Team
Sanctioned by: Virginia LMSC for USMS, Inc.
Sanction No. 127-0004

EVENT:

This is a 2-mile swim around a quarter-mile straightaway cable. Start and finish line are in the water. There will be two heats. The first heat will be swum clockwise and will start at 9:00 am. Check-in for the first heat will close promptly at 8:45 am. Second heat check-in ends at 10:00, for an anticipated start 15 minutes later, but not before completion of the first heat. The second heat will be swum counter-clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. should NOT enter. A swimmer who is still on the course after 2 hrs. will be stopped and removed from the water. In the event of inclement weather, the meet director may close the course and prevent swimmers from completing the swim.

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

AGE GROUPS:

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

RESULTS:

Race results will be posted at www.vaswim.org by July 10 and will be printed in the VMST newsletter.

AWARDS:

Medals will be awarded to the top 3 finishers in each age group. Awards will be presented at the post-swim social and not mailed.

ENTRY INFORMATION:

\$40 entry fee per swimmer. Fee includes post-race social and 100% cotton T-shirt. Indicate size on entry form. (For T-shirts larger than XL, please add \$3.00 and indicate size.) Make check or money order payable to VMST. No cash will be accepted.

Swimmers will be seeded with their times for a 1650-yard swim. Swimmers will be seeded fastest to slowest in waves of 10-12 people, and waves will be staggered at 30 second intervals. "No time" entries will be seeded in the last wave in the appropriate heat.

ACCOMMODATIONS:

Doubletree Hotel (6 miles)

990 Hilton Heights Rd.
Charlottesville, VA 22901
(434) 973-2121
or (800) 222-TREE
\$129 for king or double

Hampton Inn (9 miles to lake)

2035 India Road
Charlottesville, VA 22901
(434) 978-7888
or (800) 426-7866
\$139 single occupancy
\$149 double occupancy

Super 8 (8 miles to lake)

390 Greenbrier Drive
Charlottesville, VA 22901
(434)973-0888
or 800-800-8000 (reservations)
\$74.99 for single

USMS REGISTRATION:

All swimmers must be registered with United States Masters Swimming. Entrants must include a copy of their 2007 USMS registration card with their entry forms. For information about registering with USMS, go to www.vaswim.org. Entries received without a copy of a 2007 USMS card will be returned. For confirmation of entry receipt, enclose self-addressed, stamped envelope or postcard.

ENTRANCE TO LAKE:

Swimmers and meet workers will be admitted free. For others, the county entrance fees are \$4.50 adults, \$3.00 children, Albemarle residents pay \$3.00 adults, \$2.00 children-- 3 and under are free. The lake officially opens to the public (with lifeguards on duty) at 10 am, so you can avoid entrance fees if you arrive earlier.

SAFETY:

Rescue squad personnel and safety volunteers will be on the shore and in the water.

FOR FURTHER INFO, CONTACT:

Dave Holland, Race Director
Phone: (804) 282-6224 or
Email: HenryDaFif@aol.com

SEND:

Official ENTRY form with SIGNED RELEASE, copy of USMS card, and PAYMENT (made out to VMST) to:

Dave Holland
504 West Drive Circle
Richmond, Va. 23229-6832

Entry must be POSTMARKED BY JUNE 28, 2007. Late entries/ race day entries will NOT be accepted.

DIRECTIONS TO CHRIS GREENE LAKE

FROM WASHINGTON D.C.

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

Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. Turn right onto Rt. 606 and travel 1.2 miles. Turn left through park entrance, pass guardhouse, and follow the road downhill and around the lake to the parking lot at the end of the road.

FROM RICHMOND

(Distance: 77 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 29 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

(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.

OTHER OPEN WATER SWIMS:

Jim McDonnell 1& 2 Mile Lake Swims: May 27, 2007
2007 USMS 1 Mile Open Water Championships
 Reston, Va.
 Lynn Hazlewood
 lynhzlwd@usms.org
 www.restonmasters.org

Jack King 1-Mile Ocean Swim: June 17, 2007
 Virginia Beach, Va.
 June and Ray McDaniels
 ray@aquariusengineering.com
 www.VaSwim.org

Betsy Owens Memorial Lake Swim: August 18, 2007
2007 USMS 2 Mile Cable National Championship
 Mirror Lake, Lake Placid, NY
 MaryField mefield@verizon.net
 www.adms.org

-----**PLEASE CUT HERE AND MAIL PORTION BELOW TO ENTER**-----

July 7, 2007 – Chris Greene Lake – Charlottesville, VA

STAPLE A COPY OF CURRENT USMS CARD HERE

Name _____
 Street _____
 City _____
 Sex _____ Birth Date _____ Club Name _____
 Age on 7/7/07 _____ USMS Number _____ LMSC _____

Heat # (Circle One)	HEAT DESCRIPTION	1650 YD TIME
1	Clockwise (Right Side Breathers)	:
2	Counter-Clockwise (Left Side Breathers)	:

Heat 1: Starts 9:00 am/Check-in by 8:45 am
 Heat 2: Starts 15 min after the first heat but not before 10:30/Check-in by 10:00

Entry Fees: (Includes Social and T-shirt) \$ 40

T-shirt larger than XL- add \$3

Please make check or money order payable to VMST and mail with your entry.

Total Fee: \$ _____

Please enclose:
 COPY of USMS card
 SIGNED released
 Payment to VMST

Mail to:
 Dave Holland
 504 West Dr. Cir.
 Richmond, Va.
 23229-6832

Must be postmarked by June 28, 2007

T Shirt Size: S _____ M _____ L _____ XL _____

**T-Shirt larger than XL is additional \$3.00:
 XXL _____ XXXL _____**

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 MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALBEMARLE COUNTY, 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 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.

Date _____

Signature _____

Home Phone _____ Work Phone _____ E-Mail _____ Age on 7/7/07 _____