



10th Annual Lake Montclair 1 & 2-Mile Open Water Swims



LAKE MONTCLAIR, DUMFRIES, VA
SATURDAY, Sept 6, 2008

Sanctioned by Virginia LMSC for USMS, Inc. Sanction # 128-006

Meet Director: Wayne White who can be contacted by calling 703-491-9987, 703-602-3207 (daytime) or email wwhitefamily@comcast.net

Eligibility: Open to **USMS registered swimmers ONLY**. There will be no on-site registration.

Events: One & Two-mile open-water event, two or four laps around a half-mile course. In-water start and water's edge finish. The one-mile event will be started first. This swim will begin **promptly** at 9:00 a.m. Check in for the one-mile swim must be complete by 8:30 a.m. A course and safety brief will begin at 8:30, and then the swimmers will be assembled at the start area. The Two-mile event will begin at 10:30 a.m. Check in for the Two-mile event must be completed by 10:00 a.m. Another course and safety brief will be provided for this event at 10:00, followed by assembly at the start area.

Deadline: Entries must be received by the meet registrar by **Saturday, Aug 30, 2008**. No incomplete entries; phone entries; late entries or meet-day entries will be accepted.

Fees: \$25 per individual per event. You may swim both events. \$15. charge for the second event. Only one T-Shirt will be given per registered swimmer. Extra T-Shirts must be ordered. Entry fees are not refundable.

Safety: All swimmers will wear their race number on the left arm. **A 60-minute time limit is set for completing the One-Mile swim. A 90-minute time limit will be set for completion of the Two-Mile swim.** Swimmers still on the course after these time limits will be picked up and their progress marked. Swimmers who cannot complete the course within the prescribed time limits should not enter.

Expected water temperature is 72-74 degrees. During the race, there will be emergency personnel on shore and safety boats spaced throughout the entire swim course.

The swim will be stopped in the event of inclement weather involving lightning.

VMST or Montclair Property Association does not guarantee the water quality.

Rules: Current USMS Long-Distance Rules will apply. **Wet suits, or other heat-retaining or buoyancy-producing costumes are not permitted.**

All swimmers must be registered with USMS prior to the entry deadline for this meet. A copy of your USMS card **must** accompany your entry.

Seeding: Each event will be seeded fastest to slowest based on the 1650 Yard seed time entered (1500m times will be converted). No-time entries will be seeded last. **If you fail to specify an event on your entry form, you will be seeded in the 2 Mile swim.** There will be no seeding changes permitted on meet-day.

T-Shirts: T-shirts in medium, large, and extra large with meet logo will be given to each entrant. Additional shirts may be ordered for **\$15.00 each**. Default size is **extra large**.

Refreshments: A variety of food and drink will be provided for your enjoyment throughout the meet.

Awards: Awards will be given to the top three individual finishers in each Masters age groups. Awards will be available at the end of the two mile event.

Directions: Lake Montclair is located off of I-95 about 20 miles south of the Capitol Beltway (I-495), or about 80 miles north of Richmond, VA. From I-95 take Exit 152 B **Route 234 North, Dumfries Rd**, towards Montclair. (Bear right from I-95 south or turn left from I-95 north). Proceed 1.8 miles to the Montclair entrance. Turn **Right** onto **Country Club Dr** for 0.1 miles. Turn **Left** onto **Waterway Dr**. for 0.1 miles. Turn at first **Right** onto **Ashgrove Dr**. for about 150 yards.

Turn at first **Left** onto **Dolphin Dr** and proceed to the beach on left (0.2 miles).

Masters Swimmer ENTRY FORM — Montclair Open Water

1 & 2--MILE LAKE SWIM — Sept 6, 2008

Entry Deadline August 30, 2008 — Limited to First 200 Swimmers with Completed Entries — No Meet--Day Entries

USMS Number: _____

Team: _____

NAME & ADDRESS: _____

Birth Date: _____ Age: ___ Sex: ___

E-Mail: _____

Place copy of USMS card here

Please MARK which event you are entering

CIRCLE EVENT NUMBER

EVENT	Description	1650 yd Time	1500 M Time
1	One Mile Lake Swim Starts at 9AM / Check-in by 8:30AM	___:___	___:___
2	Two Mile Lake Swim Starts at 10:30 AM / Check-in by 10AM	___:___	___:___

Entry Fee \$25 for One Event (includes one T-Shirt). Additional \$15. second event. (Second T-Shirt not included)

T-Shirt Size: M _____ L _____ XL _____

_____ **Extra T-Shirts @ \$15.00 each**

TOTAL PAYMENT _____

Make Check Payable to VMST

By my signature below, I certify that I have read, understand and agree to the following release statements:

USMS RELEASE: "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. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Furthermore:

MONTCLAIR PROPERTY ASSOCIATION RELEASE: "I hereby release the Montclair Property Association generally from all claims for bodily injury, death or property damage arising from my use of Montclair Property Association facilities. I assume full responsibility or all liability in connection with such claims, and agree to indemnify Montclair Property Association and hold Montclair Property Association harmless against any such claims."

Signature _____ Date _____

Mail To: Kelly Facciola, 3113 Woods Cove Ln, Woodbridge, VA 22192

**ENTRY CHECKLIST: **

Attach legible copy of USMS Card

- Select Event (or Events)
- Enter 1650 Seed Time
- Select T-Shirt Size
- Sign USMS Waiver
- Sign Montclair Waiver
- Enclose Correct Entry Fee

Additional entry forms may be downloaded from www.vaswim.org