



# SMITH MOUNTAIN LAKE EAST COAST OPEN WATER SWIM



*SEPTEMBER 20 & 21, 2008*

- HOST:** The Summit Sports Group
- EVENT DIRECTOR:** Doug Fonder  
2721 Brambleton Avenue, SW  
Roanoke, Virginia 24015  
Phone: (540)-397-0505  
E-mail: dougfonder@gmail.com
- LOCATION:** Bernard's Landing at Smith Mountain Lake  
775 Ashmeade Road  
Moneta, VA 24121  
540-721-8870
- PARKING:** There are ample parking spaces available at the beach.
- COURSE:** There will be an in-water start at the beach. Detailed directions with landmarks (including any changes) will be available at check-in.
- DATE/TIME:** Check-in for the 5K will be on Saturday September 20, 2008 from 4:00-4:45pm with a race start of 5:00pm. Check-in for the 1 mile races will be on Sunday September 21, 2008 from 9:30-10:30am with a race start of 11:00am.
- ENTRY FEE:** \$39 for Age Group and Open events. Those individuals wishing to enter both the 5K and 1 mile events may do so for one entry fee. T-Shirts & tickets for food at the awards ceremony are included with registrations which have been sent in by the entry deadline.
- LATE ENTRIES:** Late entries must be submitted no later than 4:20pm on September 20<sup>th</sup> for the 5K event and no later than 10:20am on September 21<sup>st</sup> for the one mile races. Absolutely no entries will be accepted after these times on race days! T-Shirts will not be given for late entries, but will be on sale for \$15 at the event.
- GENERAL INFO:** 1. Rest rooms and dressing rooms are available at the site. 2. Water temperature will be approximately 80 degrees. 3. Wetsuits are permitted. 4. Cancellation due to weather is always possible. No Refunds. 5. Overnight accommodations are available at Bernard's Landing.
- AWARDS/SOCIAL:** Custom awards will be given for first through third in each age group, male and female classification. Awards will be presented at the social, immediately after the finish of the last race. Family and friends of all swimmers are invited to the social. Food tickets for the awards ceremony for non-participants will be \$8.

2008  
SMITH MOUNTAIN LAKE  
EAST COAST OPEN WATER SWIM

**RELEASE:** The following release **MUST BE SIGNED** and **IN THE HANDS OF THE EVENT DIRECTOR** before a swimmer may compete:

“ I, the undersigned participant, intending to be legally bound, do 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 US Swimming (training & competition) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the US 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 damage caused by negligence active or passive of the following: United States Swimming, Inc., the Local US 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 USS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian must sign if under 18)

Name \_\_\_\_\_ Sex: \_\_\_ M \_\_\_ F

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (on Sept 20, 2008) \_\_\_\_\_

USS or USMS # \_\_\_\_\_ Phone \_\_\_\_\_

Entry Fee: (\$39 registration) \$ \_\_\_\_\_

T-Shirt Size: \_\_\_ Youth Large \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL

Make checks payable to The Summit Sports Group. **ENTRIES ARE DUE BY 09-10-2008**

Mail entry form and check to:

**The Summit Sports Group**  
**2721 Brambleton Ave, SW**  
**Roanoke, VA 24015**

For any questions, please contact:

Doug Fonder – Event Director  
Phone: 540-397-0505  
E-mail: dougfonder@gmail.com

| <b><u>CIRCLE EVENTS</u></b> |                      |          |
|-----------------------------|----------------------|----------|
| <b>M</b>                    | <b>Event</b>         | <b>F</b> |
| 1                           | Open 5 K Swim        | 2        |
| 3                           | 18 & Under One mile  | 4        |
| 5                           | 13 & Under One mile  | 6        |
| 7                           | 19-29 One mile       | 8        |
| 9                           | 30-54 One mile       | 10       |
| 11                          | 55 & Over One mile   | 12       |
| 13                          | 10 & Under Half mile | 14       |