



USMS 2-Mile Cable Open Water National Championship

Chris Greene Lake, Charlottesville, VA, Saturday, July 10, 2010

Sponsored by Virginia Masters Swim Team and Albemarle County Parks and Recreation
Sanctioned by LMSC of Virginia for USMS, Inc. Sanction #120-002

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: This is a 2-mile cable swim, consisting of 4 laps around a quarter-mile straightaway. Start and finish are in the water. There will be two heats. The first heat will be swum counter-clockwise and will start at 8:30 am. The second heat will be swum clockwise and will start at 10:30 am. The distance has been surveyed and will qualify for 2-mile cable 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:

Heat 1: 8:15 AM
Heat 2: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 10, 2010. All participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **Paper entries received without a copy of entrant's 2010 USMS card will be returned.** Online entries will be verified automatically. To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2010 USMS rules will govern the event.

Entries: All snail mail entries must be postmarked by **June 30, 2010**. Online entries will close at **11:59pm Pacific Standard Time on July 5, 2010**. Late or race-day entries will NOT be accepted. You may not enter both heats. Online entry is strongly encouraged. Entry fee is \$40.00.

Safety: For safety reasons, swimmers who cannot complete 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: USMS Long Distance National Championship medals will be awarded to the top 6 men & women finishers in each age group. First place finishers in each age group will also receive a USMS "National Champion" patch. Medals and "National Champion" patches will be presented at the awards ceremony on the beach, about 15 minutes after the conclusion of the second heat. Drinks and snacks will be provided. Awards will not be mailed.

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



2010 USMS 2-Mile Cable Open Water National Championship ENTRY FORM

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

PLEASE INSERT SEED TIME
FOR THE HEAT YOU ARE ENTERING

 **U.S. MASTERS SWIMMING** PLEASE STAPLE A LEGIBLE COPY OF YOUR 2010 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

2- MILE Heat 1 8:30 am	<<<<< Counter-Clockwise >>>>>	1650 yd time: ____ : ____
2- MILE Heat 2 10:30 am	>>>>> Clockwise <<<<<	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$_____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	T-Shirt: included free with entry, \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Copy of USMS card
\$_____	Additional T-Shirt: \$12.00 each S-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$_____	Results will be posted at www.cableswim.org by July 14 \$2.00 for official results mailed to the address on your card	<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) 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 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.; NOVA of Virginia Aquatics, 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 7/10/10: _____

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

PLEASE PRINT CLEARLY