

Saturday, July 17, 2010
CANANDAIGUA SAWBELLIES ANNUAL
USA SWIMMING OPEN WATER SWIM MEET
A Competitive One-Half, One & Two Mile Open Water Swim and Picnic!!

DATE/TIME: July 17, 2010, Saturday at 9:20 am, Continuous Warm Up Starting at 7:30 am

CHIP TIMING: Each swimmer will be given a timing chip to wear on the ankle during the race to provide accurate times and finish places. Results will be available almost immediately.

LOCATION: Canandaigua, New York, Kershaw Park, Lakeshore Drive, North End of Canandaigua Lake
New York State Thruway Exit 44, South 8 miles, straight to Kershaw Park

ELIGIBILITY: Open to all USAS registered swimmers.

CONDITIONS: Since the safety of swimmers is of prime concern. The swimming event may be delayed or canceled due to bad weather. The Meet Director, Niagara Open Water Director and Ontario County Sheriff will make this decision. There will be no refund.

ENTRY FEE: \$15.00 Includes picnic and refreshments. Awards for 1st, 2nd and 3rd place finishers, for each age group in each event. Participant medals for each finisher. Free parking.

SCHEDULE: Registration 7:30-8:15 am, 8:15 am Mandatory Meeting for all Swimmers,
8:30 am start of 2-mile swim, 8:40 am start of 1-mile swim, and 8:50 am start of ½ mile swim. USA Youth Competition will follow completion of USMS meet (approximately 9:40 am). Picnic!!!!

RULES: The USAS Long Distance Rules as outlined in part 7 of the 2009 USAS Rule Book shall govern Event

COURSE: Straight out and back one loop is 1 mile in distance, twice around for the two mile swim, half way out and back for ½ mile swim. The Ontario County Sheriff will patrol the perimeter of the course.

MEET DIRECTOR: David Beckwith, 5181 Laura Lane, Canandaigua, NY 14424, Tel: 585-394-5703

Name _____ USAS # _____
Sex _____ Age _____ Date of Birth _____ Club (where you practice) _____
Telephone No _____ Club (from your USAS card) _____
Address _____

CHECK ONE: ½ MILE or 1 MILE or 2 MILE

INCLUDE: USA REGISTRATION NUMBER (ABOVE) AND SIGNED WAIVER (BELOW)

CHECK OR MONEY ORDER - MADE OUT TO CANANDAIGUA MASTERS SWIM CLUB

SEND ENTRIES TO: Vern Hecker, Entry Chair, 3452 Gehan Road, Canandaigua, New York 14424,
(585) 394-4075 email: vhecker001@rochester.rr.com

WAIVER:

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 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 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., NIAGARA DISTRICT SWIMMING, 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 USS.

Signature of Participant _____ Date _____

Signature of Parent or Guardian _____ Date _____

Sanctioned by Niagara District Swimming for USAS, Inc., Sanction Number: