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

DATE/TIME: July 17, 2010 / 8:30 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 USMS and CASA registered swimmers 18 and older as of July 17, 2010. Annual USMS registration will be available at the beach for $35.00 and single event USMS for $12.

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. $20.00 after July 12, 2010. Awards for 1st, through 6th place finisher, for each age group in each event.

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 USMS Long Distance Rules as outlined in part 3 of the 2010 USMS Rule Book shall govern the events.

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.

Name_____CASA/USMS #_____
Sex_____Age_____Date of Birth_____Club (where you practice)_____
Telephone No_____Club (from your USMS card)_____
Address_____

CHECK ONE: **[ ] ½ MILE or [ ] 1 MILE or [ ] 2 MILE**
INCLUDE: **PHOTOCOPY OF USMS REGISTRATION AND SIGNED WAIVER (BELOW)**
CHECK OR MONEY ORDER - MADE OUT TO **CANANDAIGUA MASTERS SWIM CLUB**
SEND ENTRIES TO: **Vern Hecker, Meet Director, 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 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 PRORGAM 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks. (Rule Book Article 301.3)

Signature of Participant_____Date_____
Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND10-OW01