

SEPTEMBER 27, 2008

The Masters ½ mile & 1 mile swims are USMS/PMS sanctioned events, while the youth 1 mile, ½ mile and 500 yard swims are sanctioned by USA Swimming/SNS. All swimmers must be current 2008 registered members of one of these organizations in order to compete. Membership information may be obtained by contacting the numbers below.

USMS/PMS (18 & over) (415) 892-0771
USA Swimming/SNS (18 & under) (209) 656-9686

For general race information contact:

Joe Dowd, SMST Race Director
 E-mail address: jrdowd@aol.com

Directions & Parking

All swims will start and finish at Negro Bar beach which is just down stream from Folsom Lake. There is a \$7.00 day-use fee, per vehicle, to enter the park. Signs will be posted to guide you to the beach.

80 East Reno

From Hwy 80 take the Douglas Blvd. exit out of the city of Roseville. Go east on Douglas for about 6 miles to Folsom-Auburn Road. Turn right on Folsom-Auburn going south to Greenback Lane. Turn right on Greenback and immediately get in the left lane. The entrance to Negro Bar is a few hundred yards up on the left.

Hwy 50

Take the Folsom Blvd. exit go north to Greenback Lane(just past the bridge). Turn left on Greenback and immediately get in the left lane. The entrance to Negro Bar is a few hundred yards up on the left.

Plenty of parking is available at Negro Bar. However, carpooling is strongly encouraged. A bicycle check in area will be available for those not wanting to drive.

Water Safety

Swim caps will be provided to all swimmers and will be mandatory for the swims. If you are not wearing the correct cap color for your wave or if you are not wearing the official cap issued, you will not receive a swim time. We ask for your cooperation in this matter to assure a fair, accurate, and smoothly run event. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than one hour for the 1-mile swim and two hours for the 2-mile swim.

Course & Water Temperature

Both courses (½ & 1 mile) will be marked by buoys at approximately 200 yard intervals. The expected water temperature is between 55 - 65 degrees.



NORCAL SWIM SHOP

Divisions

1. **Masters ½ Mile:** 18 yrs and above for male and female.
2. **Masters 1-Mile:** 18 yrs and above for male and female.
3. **Masters combined ½ Mile + 1 Mile:** male & female.
4. **USA Swimming ½ Mile:** 11 - 17+ yrs, male & female.
5. **USA Swimming 1-Mile:** 11 - 17+ yrs, male & female.
6. **Youth 500 yd. Swim:** male & female 8 to 10 yrs old.

Fees

	Postmarked by 9/6/08	Late or Raceday
½ Mile Masters	\$30	\$40
1 Mile Masters	\$30	\$40
½ Mile + 1 Mile Masters	\$40	\$50
½ Mile USA Swimming	\$30	\$40
1-Mile USA Swimming	\$30	\$40
500 yd. youth swim	\$15	\$25

Sorry, all entries are non-refundable.

Awards

All pre-registered participants will receive a tee shirt.

Registration / Check-in

Registration and check-in open at 9:00 a.m. *Raceday registration* will be available at the late registration tables. There will be a registration table for each of the following: USMS and USA pre-registered; USMS race-day registration; USA Swimming race-day registration. All entrants must mail a photocopy of either their USMS or USA Swimming card with the entry form or bring it to the registration table on race day. Sorry, no switching of events will be allowed. As per PMS rules, a \$3.00 look-up fee will be charged to those participants who do not bring their USMS or USA Swimming card or have not pre-mailed a copy of their card prior to the event.

Start times (All start times are approximate)

All swims are beach starts
 ½ Mile: Must check-in by 10:00 a.m. 1 Mile: Must check-in by 10:30 a.m. Youth swim ages 8 -10: Must check-in by 11:30 a.m.
 Masters.....11:00 Masters.....11:40 500 yard youth swim 8 - 10 boys and girls.... 2:10 p.m.
 USA.....12:40 USA..... 1:10 **No late starters or switching of races will be allowed.**

Equipment: Non-Wetsuit Division

Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in instant disqualification. Soft hand paddles may only be used as a prosthesis - provided, in the opinion of the race director - they do not present a safety hazard to other swimmers.

Equipment: Wetsuit Division

The same as for the non-wetsuit division except that the use of nonporous attire, neoprene swimsuit, or a wetsuit is mandatory.

Official 2008 Entry Form

Sanctioned by PMS for USMS Inc., Sanction number OW-08-13 (1/2 mile), OW-08-13-A (one mile) • USA-S/SNS Sanction No. xx-xx

FEES Postmarked by 9/6/08

½ Mile Masters.....\$30
 1 Mile Masters.....\$30
 ½ Mile + 1-Mile Masters.....\$40
 ½ Mile USA Swimming.....\$30
 1 Mile USA Swimming.....\$30
 500 yd. Youth Swim.....\$15

SHIRTS

All race participants will receive one shirt. We can not guarantee shirts for those registering on race day. This will be handled on a first come first served basis.

Please select your size
 Adult Short Sleeve S M L XL

If you don't select a shirt size, an adult large will be given to you.

Shirts will be available for sale on race day after 11:30 am for \$15 each.

(Remember, you must attach a current copy of your USMS/PMS/USA Swimming membership card here)

Recommended procedure to attach USMS/USA Swimming card:
 1. Place USMS/USA Swimming card in this space.
 2. Photocopy entry form with card - don't reduce.
 3. Send in photocopied entry form.

Total Amount Enclosed.....\$_____

CIRCLE ONE MONTH DAY YEAR AGE ON IN ORDER TO BE SCORED
 SEX M F DATE OF BIRTH RACE DAY YOU MUST FILL IN YOUR AGE

LAST NAME _____ FIRST _____

ADDRESS _____ E-MAIL _____

CITY _____ STATE _____ ZIP _____

PHONE _____ WORK PHONE _____

CLUB AFFILIATION _____ CLUB INITIALS _____

Mail completed entries with checks payable to: **Sierra Marlins, P.O. Box 1714, Folsom, CA. 95763**

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 PARTIPATION IN THE MASTERS PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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.

Swimmer's Signature _____ Date _____