

Event Sanctioning

The Masters 1 & 2 mile swims are USMS/PMS sanctioned events. All swimmers must be current 2009 registered members of either USMS or USA Swimming 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): | 209/526-2078 |

| | |
|-----------------------------|--------------|
| Meet Director: Kevin Lennon | 530/244-1994 |
| Head Referee: Greg Tyler | 530/547-2027 |

Water Safety

Swim caps will be provided to all swimmers and will be MANDATORY for the swim. 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 1 hour for the one-mile swim, 2 hours for the 2-mile swim, and 20 minutes for the 500 yard swim.

Course & Water Temperature

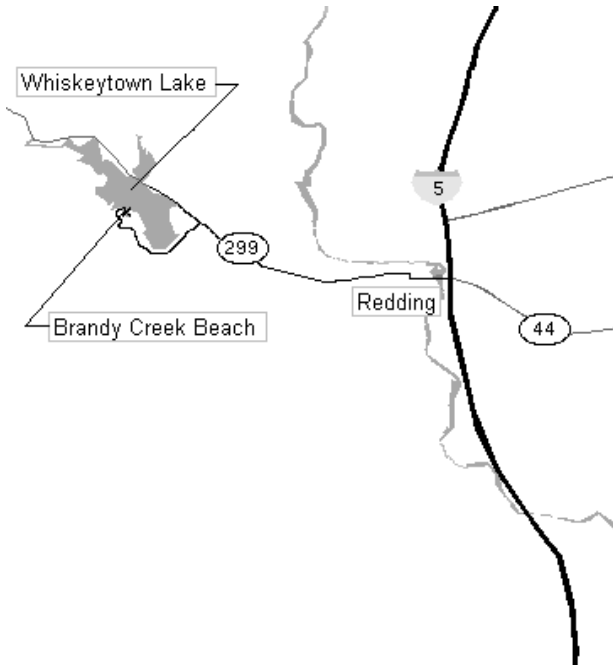
Both the one-mile and two-mile courses will be marked by bouys at 200 yard intervals. The expected water temperature of the lake is between 65-70 degrees.



Directions & Parking

All swims start at Brandy Creek Beach. Take Central Redding/299W/Eureka exit. Follow Highway 299 west (toward Eureka) and just as you reach the lake, turn left at the tourist information center. Cross over the dam and continue until you reach Brandy Creek Beach.

Please Note that the National Park Service charges a \$5 daily parking fee. The parking passes may be obtained at the visitor's center or from a vending machine located near the parking lot.

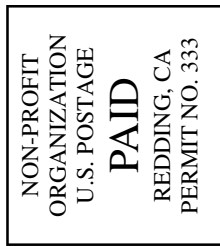


Accommodations

Camping is available at Brandy Creek Campground. There are typically plenty of spaces available in September. Reservations are not accepted.

Suggested Hotels in Redding:

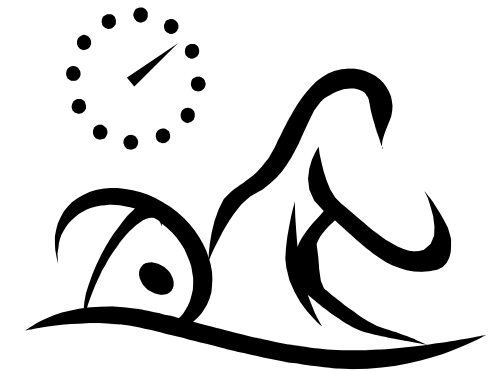
| | |
|-----------------------|--------------|
| Best Western Hilltop: | 530/221-6100 |
| Oxford Suites: | 530/221-0100 |
| Red Lion: | 530/221-8700 |



Redding Swim Team
P.O. Box 992112
Redding, CA 96099

Pacific Masters Swimming

2009 Whiskeytown Lake Open Water Swim



Sunday, September 13th

Hosted by the
Redding Swim Team



Fees

| | Postmarked by 9/3/09 | Late or Race Day |
|------------------|----------------------------|------------------------|
| 500 Yard Youth | \$17 | \$27 |
| 1 Mile | \$25 | \$35 |
| 2 Mile | \$25 | \$35 |
| Both 1 & 2 Mile | \$35 | \$45 |
| Official T-Shirt | \$15 | \$20 (if available) |

Checks payable to: Redding Swim Team
Sorry, entry fees are non-refundable.

Fees Include

- ⇒ Swim Cap
- ⇒ Pre & Post Race Refreshments

Divisions

Masters (both 1 and 2 mile): typical 5-year age groups starting at age 18 for male & female. Entrants must be at least 18 years of age to enter masters events.

USA Swimming for both 1 and 2 mile: 13-14, 15-16, 17-18, 11-12 in 1-mile only. 8-10 in 500 yards only.

Results & Awards

Special awards will be given to the top male and female overall winners in each of the four events. Awards (Whiskeytown Mugs) will also be given for the top three male and female winners in each of the age groups for Masters (USMS/PMS) and the 11-18 Age Group (USA/SNS). Awards will also be given for the top three male and female winners in the 500-yard swim.

Registration/Check-In

Registration and check-in opens at 8:00 a.m. All swimmers must check in 45 minutes before the start of their event.

Race day registration will be available at the late registration table. **All entrants must either mail a photo copy of their USMS or USA Swimming card with their registration form, or bring it with them on race day.** 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. A completed entry form with the exact entry fee will be appreciated for race day entries.

Start Times

All five events start and finish on the beach.
NO LATE STARTERS WILL BE ALLOWED.

| Event | Start Time |
|--------------------------|------------|
| 500 Yard (USA) ages 8-10 | 10:00 |
| 1 Mile (Masters) | 10:30 |
| 1 Mile (USA) ages 11-18 | 10:45 |
| 2 Mile (USA) ages 13-18 | 11:15 |
| 2 Mile (Masters) | 11:30 |

Equipment:

Use of neoprene swim suits, wet suits, or other nonporous 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.

2009 Whiskeytown Lake Open Water Swim Official Entry Form

Sanctioned by PMS for USMS, Inc. Sanction # OW-0812 (1-mile), #OW-0812A (2-mile)

Mail Completed Form To:
 Redding Swim Team
 c/o Patty Lennon
 11599 Fox Estates Ct
 Redding, CA 96003

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: Month _____ Day _____ Year _____ Age _____

On Race Day Club Affiliation: _____ Club Initials: _____

Check if you prefer to receive a printed copy of the results rather than access them more promptly at www.pacificmasters.org

| Fees (Postmarked by 9/3/09) | |
|--|------|
| <input type="checkbox"/> 2-mile Masters | \$25 |
| <input type="checkbox"/> 1-mile Masters | \$25 |
| <input type="checkbox"/> 2-mile + 1-mile Masters | \$35 |
| <input type="checkbox"/> 1-mile USA Swimming (ages 11-18)..... | \$25 |
| <input type="checkbox"/> 2-mile USA Swimming (ages 13-18) | \$25 |
| <input type="checkbox"/> 500 yd. Youth Swim | \$17 |
| T-Shirt size: small <input type="checkbox"/> med <input type="checkbox"/> large <input type="checkbox"/> xl <input type="checkbox"/> | \$15 |
| Total: \$ _____ | |

Make Checks Payable to: Redding Swim Team

(Remember, you must attach a copy of you USMS/SNS/USA Swimming membership card HERE)

Recommended procedure to attach USMS/USA Swimming card:

- Place USMS/USA Swimming card in this space.
- Photocopy with this entry form.
- Send in the photocopied entry form.

Masters 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 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 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. For Open Water Events: 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 _____