

# 2009 Parkside Aquatic One Mile Open Water Swim

Sponsored by: San Mateo Master Marlins

Date of Event: Saturday, April 25, 2009

Sanction #: OW-09-01

**Location:** Parkside Aquatic Park, San Mateo, CA

**Directions:** From US Hwy 101 N, exit at Kehoe Ave. From US Hwy 101 S, exit at 3rd Ave East. Crossover the freeway, turn right on S. Norfolk St, proceed to Kehoe Ave and turn left. Follow Kehoe to Joinville Swim Center. To proceed to Parkside Aquatic Park turn right on Roberta Ave (just past Joinville Swim Center) and go 0.4 miles. Turn left on Seal Ct. into Parkside Aquatic Park.

**Course:** One-mile salt water triangular course; in-water start and sandy beach finish. Typical water temperature range is ~55-75 degrees F.

**Registration & Check-In:** Begins at 7:00 am and closes at 8:30 am. The race starts at 9:00 am.

**Divisions & Awards:** Awards (1st - 3rd) in each 5-year division: 18-24, 25-29, 30-34, etc. Special awards will be presented to the first female and first male finishers, and to the youngest and oldest finishers.

**Entry Fee:** \$30 if pre-registered by April 18, 2009; \$35 on race day. Make checks payable to SMMM. Use form below and attach a copy of your 2009 USMS card or use a consolidated entry form available on the Pacific Masters website ([www.pacificmasters.org](http://www.pacificmasters.org)). Send entries to SMMM c/o Joel Swartz, P.O. Box 366, Moss Beach, CA 94038. If the race is cancelled for any reason, a \$5 processing fee will be deducted from all refunds.

**Amenities:** Swim entry fee includes a cap and the option of a men's short sleeve tee-shirt or a women's rib-knit shirt, plus post-race beverages and snacks. Picnic tables & BBQ grills are available at Parkside Aquatic Park. Locker rooms with showers at Joinville Swim Center.

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## Entry Form

### Parkside One Mile Open Water Swim – April 25, 2009

Please Print Clearly! Attach a photocopy of your USMS card

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ F / M Age: \_\_\_\_ Club Abbr: \_\_\_\_\_

Entry Fee: \$ \_\_\_\_ Address + zip: \_\_\_\_\_ Birth date: (mm/dd/yy): \_\_\_\_/\_\_\_\_/\_\_\_\_

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 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 SAN MATEO MASTER MARLINS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_