



Tri Valley Masters Del Valle 0.75 & 1.50-Mile Open Water Swims

Sunday, May 31, 2009 Lake Del Valle, Livermore, California

PMS/USMS, Inc., Sanction # OW-09-04a and # OW-09-04b – USA-S/PC Sanction #



HOME OF THE 2010 USMS 1-3 MILE OPEN WATER CHAMPIONSHIP



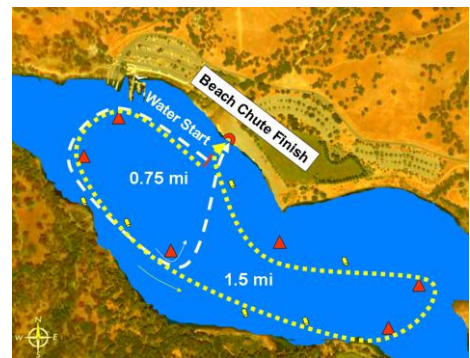
New in 2009:

Electronic Chip based Timing, Wave Start, Expanded Age Group Division, Wetsuit Division



Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake. www.ebparks.org/parks/delval.htm



Race Start/Cutoff Times

0.75-mile swim begins at 8:00 A.M. and 1.50-mile swim begins at 9:15 A.M. Cutoff times will be 45 minutes for the 0.75-mile swim and 90 minutes for the 1.50-mile swim. Race start times are approximate. Registration is from 6:15 to 7:30 A.M.

Awards

First, 2nd and 3rd place medals will be given in each sex/age in the non-wetsuit division (11-12, 13-14, 15-16, 17-18, 19-24, 25-29, etc.). First, 2nd and 3rd place medals for the wetsuit division. Entrants under 18 years of age are permitted with parent/guardian waiver. Wetsuits will be allowed in a separate wetsuit division and be given official times. Results for both races will be posted on site 30 min after the last swimmer in the 1.5 mile race finishes. Official results will also be posted on www.trivalleymasters.com and www.pacificmasters.org

Conditions/Safety

Expected water temperature is 65-75 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap.

Contact Information Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918

ALL SWIMMERS MUST REGISTER AND SIGN WAIVER ON THE FOLLOWING PAGE or see www.trivalleymasters.com for registration form.



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ENTRY FORM (Include Copy of USMS Card. Failure to provide copy will result in a \$3.00 look-up fee)

Last Name First Name USMS#

Address Phone or E-mail

Club Initials Date of Birth Race Day Age Circle Sex M F

Estimated 1650 (mile) time for placement in waves for start (No Entry will be placed in second wave)

One race: 0.75-mile 1.50-mile \$25 mailed by May 23, 2009 (\$30 race day registration)

Or, both races: \$35 mailed by May 23, 2009 (\$40 race day registration)

Wet suit:

Mail form with check to: Tri-Valley Masters, P.O. Box 5116, Pleasanton, CA 94566 Total Enclosed \$

Membership in United State Masters Swimming (USMS) is \$40 and required to participate in this event for liability insurance purposes. To register with USMS, contact Registrar Nancy Ridout at (415) 892-0771 or see the Pacific Masters website at www.pacificmasters.org. Swimmers in the 11-18 age groups must be current members of USA-S and must bring their registration card to the check-in table for membership verification. Under no circumstances will a swimmer under the age of 18 will be able to participate without signed waiver of Parent/Guardian. You may also obtain USMS or USA-S membership on race day. Wearing the provided caps is mandatory. Fins, pull buoys or other swimming devices are not allowed. Use of prosthesis must be approved by the event director. Check-in and race-day registration is at 6:15 – 7:30 A.M., Sunday, May 31, 2009 at Del Valle Lake.

PLEASE READ CAREFULLY AND SIGN BELOW:

"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., USA-S, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EBRPD, 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."

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Lake Del Valle, Livermore, California, Sunday, May 31, 2009
(Under 18 must have signature of Parent/Guardian and fill out medical information form to participate.)

Signature Date
Parent/Guardian Date

Medical Information Form for Age Group Swimmers Only

Last Name First Name USA-S#

Medications (Please list any medications swimmer is currently taking)

Allergies (Please list any allergies or allergic reactions medical personnel should be aware of)

Special Conditions(Please list any special conditions medical personnel should be aware of)

Emergency Contact Information:

Name Relationship: Contact #