



Open Water 201

A clinic for experienced open water swimmers

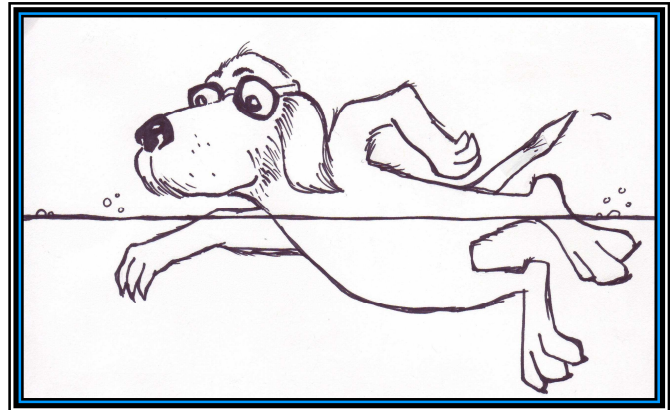
Sunday, May 2, 2010

Time: Check-in 7:30 - 8 a.m.

Clinic: 8 - 11 a.m.

Location: Lake Del Valle,
Livermore

Limited to 50 swimmers.



Training includes

- Dry land talk. **Lisa Hazen**, USMS/PacMasters OW Champion
- In-water drills. Half-mile course swim.
- Expected water temperature: 67–70 degrees. Wetsuits are welcome.

Entry requirements

- Must have **completed two** open water swims of ½ mile or more.
- Must be able to swim ½ mile in 30 minutes or less.
- Must be a member of USMS/Pacific Masters Swimming

Indicate estimated ½ mile swim time on entry; number of OW swims completed; names of at least 2 OW swims completed. Send entry form, a photocopy of 2010 USMS card, signed release and a check payable to Pacific Masters Swimming to: Open Water 201, c/o Carroll, 21 Windsor Ave., San Rafael, CA 94901.

Directions: DelValle Regional Park is located on DelValle Road off Mines Road south of Livermore (parking fee \$6). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on DelValle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

Clinic Director: Glenda Carroll **Email:** gcarroll@sbcglobal.net,
415-454-6327

Entry Information

No registration on clinic day. Everyone must be pre-registered.

For USMS members: \$40 for entries postmarked by Friday, April 23, 2010.

\$45 for late entries.

For non-USMS members:

___ \$40 entry fee

___ \$45 late entry fee

___ \$25 one-day USMS membership (Can be converted to full membership within 30 days.) --Or --

___ \$42 USMS/PMS membership. Go to www.pacificmasters.org for application.

_____ Total fee

Entry Form Mail entry form, signed release, copy of 2010 USMS card, check payable to PMS to: **Open Water 201**, c/o Carroll, 21 Windsor Ave., San Rafael, CA 94901. To join USMS, contact Registrar Nancy Ridout at 415-892-0771 or go to PMS website, www.pacificmasters.org.

Name	USMS Number:	
	USMS One-Day Registration	
	Yes _____ No _____	
Street	Email	
City	State	Zipcode
Phone	Age	Male Female
Club		
1/2 mile estimated OW time:	I have competed in _____ swims. (Fill in number of swims.)	
Names of OW swims (1/2 mile or longer) completed:		

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."

Name

Date
