

2010 Parkside Aquatic One Mile Open Water Swim

Sponsored by: San Mateo Master Marlins (SMMM)

Date of Event: Sunday, May 16, 2010

Sanction #: OW-10-02

Location: Parkside Aquatic Park, San Mateo, CA

Directions: a) If heading North on US Hwy 101, exit at Kehoe Ave (Exit #415).
b) If heading South on US Hwy 101, take the 3rd Ave East ramp (Exit #416).
Crossover the 101 freeway. Turn right on South Norfolk St, proceed to Kehoe Ave and turn left.

Follow Kehoe Ave to Roberta Ave (just past Joinville Swim Center on the left) and turn right. Go 0.4 miles and turn left on Seal Ct. Parkside Aquatic Park is at the dead end of Seal Ct.

Course: One-mile salt water triangular course; in-water start and sandy beach finish. Typical water temperature is the low-to-mid 60s° 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: \$35.00 if complete registration is RECEIVED by Wednesday, May 5, 2010; \$40.00 on race day. Make checks payable to SMMM. Use form below and attach a copy of your 2010 USMS card or use a consolidated entry form available on the PMS website: (www.pacificmasters.org). Send entries to SMMM, c/o Bob Leuten, P.O. Box 6643, San Mateo, CA 94403. 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 are available at nearby Joinville Swim Center.

Entry Form

Parkside One Mile Open Water Swim – May 16, 2010

Please print clearly! Attach a photocopy of your 2010 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. I grant permission to USMS, PMS, and the organizers of this event to use my likeness and/or image, video, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____