



**2010 USMS 1.5 MILE OPEN WATER NATIONAL CHAMPIONSHIP**



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

**Sunday, June 6, 2010 Lake Del Valle, Livermore, California**

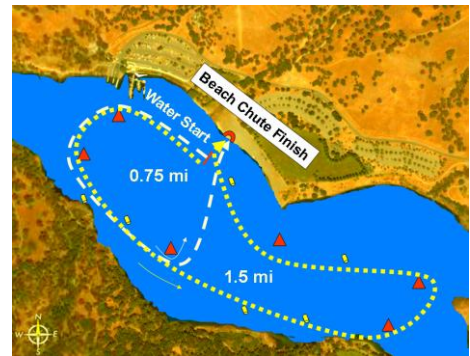
**PMS/USMS, Inc., Sanction # OW10-04a and # – OW10-04b**

**Electronic Chip based Timing, Wave Start, 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](http://www.ebparks.org/parks/delval.htm)



**Race Start/Cutoff Times**

0.75-mile swim begins at 8:30 A.M. and 1.50-mile swim begins at 10:00 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 6:45 to 9:15 A.M. Registration for 0.75 mile race will close at 8:00AM. Swimmers will be seeded in waves fast to slow. No Time entries will be seeded in the slowest wave. Wetsuits will be seeded in a separate wave. The waves will be denoted by different color caps and start 5-10 minutes apart.

**Awards**

**0.75-mile race:** Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc). **1.5-Mile National Championship Race:** USMS Long Distance National Championship medals will be given for 1<sup>st</sup>-6<sup>th</sup> place in each sex/age. Long Distance National Championship patches will be given to the first finisher in each sex/age group. **Wetsuit Division:** Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race. Wetsuits will be allowed in a separate wetsuit division and be given official times. Preliminary 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 be posted on [www.usms.org/longdist](http://www.usms.org/longdist), [www.trivalleymasters.com](http://www.trivalleymasters.com), and [www.pacificmasters.org](http://www.pacificmasters.org) (See USA Swimming Entry Form for Details of USA Swimming Races)

**Conditions/Safety**

Expected water temperature: 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, [mccracmiler@pacbell.net](mailto:mccracmiler@pacbell.net), (925) 216-7918

**ALL SWIMMERS MUST REGISTER AND SIGN WAIVER ON THE FOLLOWING PAGE or see [www.trivalleymasters.com](http://www.trivalleymasters.com) for registration form.**



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|   |                      |                |
|---|----------------------|----------------|
| Last Name _____   | First Name _____     | USMS# _____    |
| Address _____   |                      | Phone _____    |
| Club Initials _____   | Club Name _____      | E-mail _____   |
| Date of Birth _____   | Age(on 6/6/10) _____ | Circle Sex M W |
| Estimated 1650/1500 (mile) time for waves seeding _____ (A blank time entry will be placed in the 2 <sup>nd</sup> or 3 <sup>rd</sup> wave). We will randomly check the USMS database to validate times. Please be accurate. |                      |                |

|  |                |                                    |   |
|--|----------------|------------------------------------|---|
| <b>Select races:</b> Both  | 0.75-mile      | 1.50-mile                          | Mail by May 21, 2010: \$30 for one; \$40 for both \$ _____  |
|  |                |                                    | Race day registration: \$35 for one; \$45 for both \$ _____ |
| <b>Special:</b> _____ No Wet-suit  | _____ Wet-suit |                                    |   |
| <b>T-shirt - Circle size:</b> S M L XL   |                | Pre-order by May 21, 2010:         | \$10 \$ _____   |
|  |                | Race day order (limited quantity): | \$15 \$ _____   |
| Mail form with check to: Tri-Valley Masters, P.O. Box 5116, Pleasanton, CA 94556 |                | Total                              | \$ _____  |

Membership in United State Masters Swimming (USMS) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website <http://www.usms.org/reg>. You may also obtain USMS membership on race day. Wearing the provided caps is mandatory. Fins, pull buoys or other swimming devices are not allowed. Check-in and race-day registration is at 6:15 - 8:45 A.M., Sunday, June 6, 2010 at Del Valle Lake. Registration for 0.75 mile race will close at 7:30AM.

**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, PACIFIC SWIMMING 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."

Tri Valley Masters Del Valle 0.75 & 1.50-Mile Open Water Swims  
 Lake Del Valle, Livermore, California, Sunday, June 6, 2010  
 (Under 18 must have signature of Parent/Guardian and fill out medical information form to participate.)

|                 |           |
|-----------------|-----------|
| _____           | / / _____ |
| Signature       | Date      |
| _____           | / / _____ |
| Parent/Guardian | Date      |

**Hotels, Airports and Activities**

Discover boutique wineries, championship golf courses and historic downtowns. Relax, refresh and revitalize at our hotels and spas. Treat yourself to outstanding California cuisine. Find out what's happening in the Tri-Valley Area at <http://www.trivalleycvb.com/>

BART - Mass transit - [www.bart.gov](http://www.bart.gov)

**Airports:**

- Oakland International - 37.6 Miles, 48 Minutes
- San Jose International - 39.6 Miles, 52 Minutes
- SFO International - 56 Miles, 1 hour