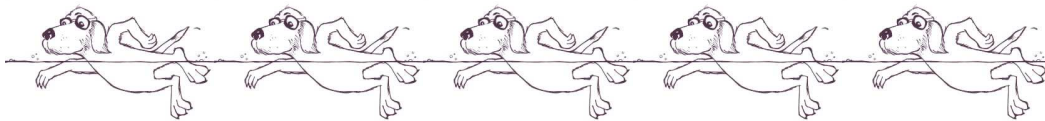




## Open Water 101    Open Water 201



**Are you new to open water swimming or experienced?  
Pick the clinic that's best for you.**

Date: **Sunday, July 17, 2011**

Time: **Check-in 7:30 - 8 a.m.**      Clinics: **8 - 11 a.m.**

Location: **Lake Del Valle, Livermore**

To enter: Go to **active.com** and search on Open Water Clinics – 2011 or use this form.

Each clinic is limited to 50 swimmers.

### **Both clinics include:**

- Dry land talk. **Lisa Hazen**, USMS/PacMasters OW Champion, Women's Title, 60K Rosaria Marathon; **Suzanne Heim-Bowen**, International Swimming Hall of Fame, 3x English Channel swimmer
- In-water drills. Half-mile course swim.
- Expected water temperature: 72+ degrees. Wetsuits are welcome.

### **Entry requirements**

- OW101/OW201 – Must be able to swim ½ mile in 30 minutes or less. Must be a member of USMS/Pacific Masters Swimming. One day USMS membership available.
- OW201 –Must have completed two open water races of ½ mile or more.

**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, openwater@pacificmasters.org, 415-454-6327

**Entry Information:** No registration on clinic day. Everyone must be pre-registered. Entry fee is non-refundable and non-transferable.

**For USMS members:** \$45 entry fee for entries postmarked by Saturday,

July 8. \$55 for late entries.

**For non-USMS members:**

\_\_\_\$45 entry fee

\_\_\_\$55 late entry fee

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

--Or --

\_\_\_\$44 USMS/PMS membership. Go to [www.pacificmasters.org](http://www.pacificmasters.org) for application.

\_\_\_\_\_ Total fee

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**Entry Form** Mail entry form, signed release, copy of 2011 USMS card, check payable to PMS to: **Open Water Clinics**, 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](http://www.pacificmasters.org).

Name	USMS Number:	
Check one: OW101_____ OW201_____	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

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