

Event Sanctioning

The Masters 1 & 2 mile swims are USMS/PMS sanctioned events. All swimmers must be current 2010 registered members of USMS in order to compete. Membership information may be obtained by contacting the numbers below:

USMS/PMS (18 & over) 415/892-0771

Meet Director: Jeff Scaggs 530/244-2516

Registrar: Kevin Lennon 530/244-1994

Head Referee: Rob Griffith 530/244-9534

Water Safety

Swim caps will be provided to all swimmers and will be MANDATORY for the swim. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than 1 hour for the one-mile swim, 2 hours for the 2-mile swim, and 20 minutes for the 500 yard swim.

Course & Water Temperature

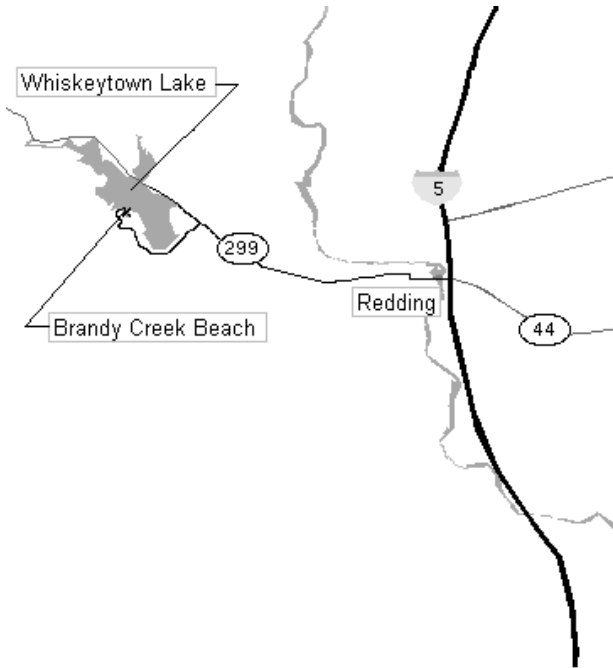
Both the one-mile and two-mile courses will be marked by buoys at 200 yard intervals. The expected water temperature of the lake is between 65-70 degrees.



Directions & Parking

All swims start at Brandy Creek Beach. Take Central Redding/299W/Eureka exit. Follow Highway 299 west (toward Eureka) and just as you reach the lake, turn left at the tourist information center. Cross over the dam and continue until you reach Brandy Creek Beach.

Please Note that the National Park Service charges a \$5 daily parking fee. The parking passes may be obtained at the visitor's center or from a vending machine located near the parking lot.

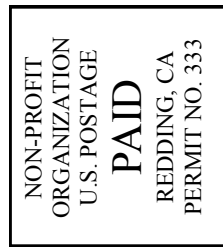


Accommodations

Camping is available at Brandy Creek Campground. There are typically plenty of spaces available in September. Reservations are not accepted.

Suggested Hotels in Redding:

Red Lion: 530/221-8700



Redding Swim Team
P.O. Box 992112
Redding, CA 96099

Pacific Masters Swimming

2011 Whiskeytown Lake Open Water Swim

Sunday,
September 11, 2011

Hosted by the
Redding Swim Team



Fees

	Postmarked by 9/1/2011	Late or Race Day
500 Yard Youth	\$17	\$27
1 Mile	\$25	\$35
2 Mile	\$25	\$35
Both 1 & 2 Mile	\$35	\$45
Official T-Shirt	\$15	\$20 (if available)

Checks payable to: Redding Swim Team
Sorry, entry fees are non-refundable.

Fees Include

- ⇒ Swim Cap
- ⇒ Pre & Post Race Refreshments

Divisions

Masters (both 1 and 2 mile): typical 5-year age groups starting at age 18 for male & female. Entrants must be at least 18 years of age and **registered with USMS** to enter masters events.

USA Swimming for both 1 and 2 mile: 13-14, 15-16, 17-18, 11-12 in 1-mile only. 8-10 in 500 yards only.

Results & Awards

Special awards will be given to the top male and female overall winners in each of the four events. Awards (Whiskeytown Mugs) will also be given for the top three male and female winners in each of the age groups for Masters (USMS/PMS) and the 11-18 Age Group (USA/SNS). Awards will also be given for the top three male and female winners in the 500-yard swim.

Registration/Check-In

Registration and check-in opens at 8:00 a.m. All swimmers must check in 45 minutes before the start of their event.

Race day registration will be available at the late registration table. **All entrants must either mail a photo copy of their USMS card with their registration form, or bring it with them on race day.** As per PMS rules, a \$3.00 look-up fee will be charged to those participants who do not bring their USMS card or have not pre-mailed a copy of their card prior to the event. A completed entry form with the exact entry fee will be appreciated for race day entries.

Start Times

All five events start and finish on the beach. **NO LATE STARTERS WILL BE ALLOWED.**

Event	Start Time
500 Yard (USA) ages 8-10	10:00
1 Mile (USMS Masters)	10:30
1 Mile (USA) ages 11-18	10:45
2 Mile (USA) ages 13-18	11:15
2 Mile (USMS Masters)	11:30

Equipment:

Use of wetsuits shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in instant disqualification. Soft hand paddles may only be used as a prosthesis - provided, in the opinion of the Race Director - they do not present a safety hazard to other swimmers.

2011 Whiskeytown Lake Open Water Swim Official Entry Form FOR MASTERS

Sanctioned by PMS for USMS, Inc. Sanction # OW11-____ (1-mile), #OW11-____ (2-mile)

Mail Completed Form To:
Redding Swim Team
C/O Kevin Lennon
11599 Fox Estates Ct
Redding, CA 96003

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ (Month Day Year) Age: _____ On Race Day: _____ Sex: M F

USMS Reg. #: _____ Club Initials: _____

EMAIL ADDRESS: _____

Fees (Postmarked by 9/01/11)

2-mile Masters \$25

1-mile Masters \$25

2-mile + 1-mile Masters \$35

T-Shirt size: small med large xl \$15

Total: \$ _____

Make Checks Payable to: Redding Swim Team

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(Remember, you must attach a copy of you USMS membership card HERE)

Recommended procedure to attach USMS card:

- Place USMS card in this space.
- Photocopy with this entry form.
- Send in the photocopied entry form.

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Masters Waiver: "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.; THE LOCAL MASTERS SWIMMING COMMITTEES; THE CLUBS, HOST FACILITIES, 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."

Swimmer's Signature _____ Date _____
EMERGENCY CONTACT NAME _____ PHONE NUMBER _____