

★ **2011 Tri Valley Masters Del Valle 0.75-mile & 2.5km Open Water Swims** ★  
**Sunday, June 12, 2011 Lake Del Valle, Livermore, California**  
**PMS/USMS, Inc., Sanction # OW-11-04a and # – OW-11-04b**  
**Wave Start, Elite, Age Group and Wetsuit Division, Early Registration Discount**



**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**

The 0.75-mile swim begins at 8:30 A.M. and the 2.5km swim begins at 10:00 A.M. Race start times are approximate. Cutoff times are 45 minutes for the 0.75-mile swim and 90 minutes for the 2.5km swim. Registration is from 6:45 to 9:15 A.M. Registration for the 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. **Elite Wave:** There will be an elite wave which will allow the top 30 USA - Age Group swimmers to swim with the first USMS wave creating a more competitive race for all.

**Awards**

Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (19-24, 25-29, etc) of the 0.75-mile and 2.5km. **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 2.5km race finishes. Official results will be posted on [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.

**Register Online at [www.trivalleymasters.com](http://www.trivalleymasters.com)**

**Contact Information** Race Director: Bill McCracken, [mccracmiller@pacbell.net](mailto:mccracmiller@pacbell.net), (925) 216-7918  
**ALL SWIMMERS MUST REGISTER AND SIGN WAIVER**

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Last Name _____	First Name _____	USMS# _____
Address _____		E-Mail _____
Club Initials _____	Club Name _____	Phone _____
Date of Birth _____	Age(on 6/12/11) _____	Circle Sex M W
<b>Emergency Contact:</b>		
Name _____	Relationship: _____	Contact # _____
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> <input type="radio"/> Both <input type="radio"/> 0.75-mile <input type="radio"/> 2.5km	<i>Pre-race</i>	\$35 for one; \$45 for both \$ _____
<b>Special:</b> _____ No Wet-suit _____ Wet-suit	(Online processing fee waived prior to 5/27/11)	
<b>T-shirt</b> – Circle size: <b>S M L XL</b>	<i>Race day registration:</i>	\$40 for one; \$50 for both \$ _____
	<i>Pre-order:</i>	T-shirt \$10 \$ _____
		Total \$ _____

**Online processing fee of \$3.50 waived on all online entries prior to 5/27/11.**

**Online registration closes 6/10/11**

**Mail entries must be received by 6/2/11:**

**Mail form with check to: Tri Valley Masters, P.O. Box 5116, Pleasanton, CA 94566**

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 – 9:15 A.M., Sunday, June 12, 2011 at Del Valle Lake. Registration for 0.75 mile race will close at 8:00AM.

**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 & 2.5km Open Water Swims  
 Lake Del Valle, Livermore, California, Sunday, June 12, 2011  
 (Under 18 must have signature of Parent/Guardian and fill out medical information form to participate.)

_____	____/____/____
Signature	Date
_____	____/____/____
Parent/Guardian	Date