

Inaugural USMS 25K (15.5 Mile)

National Championship

& 5 x 5K Relay

1st Annual Morse Reservoir Open Water Swim

South Harbour Club House Beach

Morse Reservoir, Noblesville, IN, July 19, 2008

Hosted by:

Noblesville Adult Swim Team (NASTi)

& Friends of Central Pool (FOCP)

Sanctioned by:

Greater Indiana Masters Swimming (GRIN) for USMS

Sanction # 168 S 06

USMS 25K National Championship: The course is a 5K loop marked with buoys. All solo or relay swimmers who have not completed five laps of the course in ten hours will be asked to exit the water. For a view of the approximate course, go to www.mapmyrun.com/run/united-states/in/noblesville/86744412.

Mandatory (SOLO) Pre-Race Check-in: Friday July 18, 4PM to 6 PM. Pre-race pasta dinner provided. Course excursions will be provided to swimmers and paddlers after check-in and dinner. **Mandatory (Solo & Relay) Race Day Check-In: 6:00-6:45 AM; Pre-Race Meeting 6:45 AM. Solo Event start: 7:00 AM.**

LOCATION: South Harbour Clubhouse Beach, 1156 South Harbour Drive, Noblesville, Indiana 46062. Directions can be found at Mapquest.com by using the above address. Average lake temperature in July is about 79 F, but can fluctuate significantly due to local weather conditions.

ELIGIBILITY: Solo 25K: Open to all 2008 USMS registered athletes. Due to the extreme nature of this event, applicants must provide evidence of their ability to complete this event. *All solo swimmers MUST be accompanied by a paddler/kayak for the entire race.*

Relay 25K (5x 5K): Open to all 2008 USMS registered athletes. "One-Event" USMS registration is available for RELAY SWIMMERS ONLY. Relays may consist of all men, all women or a mix of women & men (3M & 2W or 2M & 3W).

ENTRY FEES: (25K SOLO): Early Registration Fee is \$90.00 and must be received by May 24, 2008. Late Registration Fee is \$120 and must be received by June 21, 2008. No race-day entries. Five early registrants will receive FREE kayak rental as determined by a lottery on June 1, 2008.

RELAY (5 x 5K): Early Registration Fee is \$50/swimmer (\$250 per team) received by May 24, 2008. Late Registration Fee is \$60/swimmer (\$300 per team) received by June 21, 2008. No race-day entries. Relay substitutions permitted until 7/18/08 check-in.

Entry Fees include: T-shirts, swim caps and pre-race pasta dinner Friday evening for both solo swimmer & paddler, and 5 swimmers per relay team. Post-race snacks & Sunday brunch also provided.

KAYAKS/PADDLERS: We encourage solo swimmers to bring their own paddlers and kayaks. Kayaks will be available for a \$30 rental fee.

RULES: All applicable 2008 USMS rules, regulations and safety requirements will be enforced of swimmers and paddlers.

SAFETY: Safety boats will monitor the entire course. Solo swimmers *MUST* be accompanied by a paddler/kayaker for the entire race. Solo swimmers should provide their own beverage and nutritional needs placed on their individual escort kayaks. Water stops will be available on the course for all participants. Swimmers must wear race cap and numbers on arms and back for identification. Medical personnel will be on-site.

SEEDING: All solo swimmers will be seeded as a single event, without regard to age or gender. Places, awards and results will be separate for solo and relay events, by age group and gender. The Race Director reserves the right to change seeding.

AWARDS: Awards will be given to overall male and female winners and to top finishers by age group and gender.

LODGING: Several new hotels and motels can be found within 6 miles of the race site: Fairfield Inn, 17960 Foundation Drive, Noblesville (317) 776-9900; Super 8, 17070 Dragonfly Lane, Noblesville, (317) 776-7088; Quality Inn and Suites, 16025 Prosperity Drive, Noblesville (317) 770-6772.

A limited number of "Home-Stays" will be available for swimmers and paddlers on a first-come, first served basis. Contact the Race Director for details: dsidner@gmail.com

AIRPORT: Indianapolis (IND), approx. 60 minutes by car.

SCHEDULE OF EVENTS

FRIDAY EVENING (7/18/08):

- 4:00 – 6:00 PM: Mandatory Check-in for solo swimmers & paddlers. A representative from each relay must check in with the names of the team's participants and their swim order.
- 6:00 PM: Pre-Race Pasta Dinner.
- 6:30 – 8:00 PM: Boating tours of race course

SATURDAY (7/19/08): RACE DAY.

- 6:00 – 6:15 AM: All Swimmers/Paddlers Check-In
- 6:30 AM: FINAL PRE-RACE Instructions
- 6:50 AM: Paddlers Depart to off-shore site
- 7:00 AM: SOLO Swimmers Start
- 7:15 AM: Relay Swimmers Start
- 5:00 PM: Course Closes. Awards immediately after.

SUNDAY (7/20/08): 8AM-Noon

- Free swim practice/recreation and brunch at The Forest Park Aquatic Center, provided by NASTi & FOCP for swimmers, paddlers and their families. Info & RSVP at Friday night check-in.

MEET DIRECTOR: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062. Email: dsidner@gmail.com Phone (317) 695-9885, 8AM to 10PM EST only. **Secondary contact: Marcia Cleveland** (847) 446-5142, 8AM to 8PM CST only, MarciaC944@gmail.com.

While in Noblesville, you'll find lots to see & do! For tourist information, call Hamilton County Convention & Visitors Bur. (317) 848-3181 or visit <http://hccvb.org/>. Noblesville, a history buff's haven, delights with an historic courthouse & quaint brick-lined streets. The Courthouse & business district are on the National Register of Historic Places. In Forest Park visit the rail-worthy Train Museum, the 1871 covered 'Potters Bridge,' a carousel and the Forest Park Aquatic Center (operated by the non-profit, *Friends of Central Pool- FOCP*).



SOLO Entry Form
Inaugural USMS Solo 25K National Championship
& 5 x 5K Relay · Saturday, July 19, 2008
 (Severe Weather Date: Sunday, July 20, 2008)



SOLO ENTRY Name: _____ DOB: _____ Age: _____ Gender: _____

Street Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Home Phone: _____ Mobile Phone: _____

Club: _____ Club Code: _____

STAPLE COPY OF
2008 USMS CARD HERE

Please check one:

- I will bring my own kayak I will bring a paddler I will bring a kayak & paddler
 I will need a kayak & paddler (Kayak rental is \$30; Five Early registrants will receive complimentary rental).

REQUIRED FOR EACH APPLICANT

On an attached sheet, please provide a statement for entering this event and your swimming resume which demonstrates your ability to complete this extreme event.

Make checks payable to: The Friends of Central Pool (FOCP). A portion of your fee may be tax-deductible.

Mail to: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062.

EARLY Entry fee received by MAY 24, 2008: \$90 per swimmer _____

LATE Entry fee received MAY 25 - JUNE 21, 2008: \$120 per swimmer _____

T-Shirt Size (One T-shirt included in entry fee) (Adult sizes only): S M L XL XXL

EXTRA T-SHIRTS: \$20 (Indicate size and number below) # _____ x \$20 = _____

S _____ M _____ L _____ XL _____ XXL _____

EXTRA PRE-RACE DINNER (\$10) # _____ x \$10 = _____

(Dinner provided for both swimmer & paddler)

TOTAL = _____

Please read and sign: LIABILITY RELEASE

"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, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, INCLUDING SOUTH HARBOUR PROPERTY OWNERS ASSOCIATION (SHPOA) AND FRIENDS OF CENTRAL POOL, INC., 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. Finally, 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:** _____

Please read and sign: AUTHORIZATION AND EVENT PROMOTION

I, the enrolled participant agree to be filmed, photographed, taped, quoted or otherwise mentioned (without compensation) by the Event Director (also known as Meet Director), or by anyone authorized by the Event Director. This includes but is not limited to the official and authorized photographers, writers, hosts, or sponsors of this event under the conditions authorized by the Event Director. I give the Event Director, and anyone authorized by the Event Director, the right to use (without compensation) my name, picture, likeness, quotes, and biographical information, whether audio or visual, before, during and after the period of my individual or team participation in this event. I will not promote third party sponsors, causes, or charities unless pre approved by the Event Director. I understand that there will be no refunds given for any reason including event cancellation.

Swimmer's Signature: _____ **Date:** _____



RELAY Entry Form
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 (Severe Weather Date: Sunday, July 20, 2008)



ONE RELAY ENTRY FORM MUST BE COMPLETED BY EACH RELAY MEMBER

Name: _____ DOB: _____ Age: _____ Gender: _____
 Street Address: _____ City: _____ State: _____ Zip: _____
 E-mail: _____ Home Phone #: _____
 Mobile Phone #: _____ Club: _____ Club Code: _____

Make checks payable to: The Friends of Central Pool (FOCP). A portion of your fee may be tax-deductible.
Mail to: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062.

EARLY Entry fee received by MAY 24, 2008: \$50 per swimmer, \$250 per relay team _____

LATE Entry fee received MAY 25 - JUNE 21, 2008: \$60 per swimmer, \$300 per team _____

T-Shirt Size (One T-shirt included for each relay member) (Adult sizes only): S M L XL XXL

EXTRA T-SHIRTS: \$20 (Indicate size and number below) # _____ x \$20 = _____
 S _____ M _____ L _____ XL _____ XXL _____

EXTRA PRE-RACE DINNER (\$10) # _____ x \$10 = _____
 (One dinner provided for each relay member)

TOTAL = _____

RELAY TEAM NAME: _____ CLUB: _____

Please list RELAY TEAM MEMBERS in any order (relay order must be determined at the Friday night Pre-Race check-in)
Each swimmer must complete an entry form and sign waivers. All swimmers must be registered with the same club.

SWIMMER 1: (CAPTAIN) _____
 SWIMMER 2: _____
 SWIMMER 3: _____
 SWIMMER 4: _____
 SWIMMER 5: _____

**STAPLE COPY OF 2008 USMS
 CARD HERE.
 EACH RELAY SWIMMER
 MUST HAVE CARD or
 "One-Event Registration"**

Please read and sign: LIABILITY RELEASE

"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, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, INCLUDING SOUTH HARBOUR PROPERTY OWNERS ASSOCIATION (SHPOA) AND FRIENDS OF CENTRAL POOL, INC., 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

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Swimmer's Signature: _____ **Date:** _____