



2015 USMS 15K Solo & 3 x 5K Relay Open Water National Championships

South Harbour Club House Beach, Morse Reservoir, Noblesville, IN June 20, 2015 7AM.

Hosted by: Noblesville Adult Swim Team (NASTi) & Friends of Central Pool (FOCP)

Sanctioned by: Greater Indiana Masters Swimming (GRIN) for USMS, SANCTION #165-W001

**SAVE TIME, SAVE PAPER, AVOID ERRORS:
REGISTER ONLINE at [15K Registration](#)**

Please visit <http://www.grinswim.org/2015USMS15K/> for a link to online Registration.

EVENTS:

- USMS 15K Solo Open Water National Championships (limited to ~75 swimmers)
- USMS 15K Relay (3 x 5K) Open Water National Championships (Limited to ~ 60 relays; 180 swimmers)
- 5K Solo (Non-Championship) Entries are limited by enrollment above.

COURSE: The course is a 5K counterclockwise loop in a residential reservoir. The average reservoir temperature in mid-June is about 78 F, but water temperature can vary significantly from the low 70's to the mid-80's. The course will be marked with approximately 18 buoys. Swimmers shall swim in a counter clockwise direction, keeping buoys on their left. The event is planned to start in the water and finish on the beach. The course will be closed after 6 hours and 15 minutes (average 2:05 per lap). Swimmers failing to complete the course in the allotted time may be asked to exit the water. The Meet Referee (with approval of the Event Director and the Safety Director) may allow a swimmer to finish the race after the allotted time limit if safety officials are able to escort the swimmer to a safe and secure finish in a timely manner. In the case of bad weather or other hazardous conditions or events out of the control of the Event Director, the entire event may be delayed, abbreviated, interrupted, abandoned or cancelled. No refunds will be provided.

Solo 15K swimmers must have a personal escort on a kayak, paddleboard or other non-motorized vessel (other vessels must be approved by the Safety Director). For more up-to-date event information and to view the approximate course, go to <http://www.grinswim.org/2015USMS15K/>

LOCATION AND FACILITY: South Harbour Club House Beach, 1156 South Harbour Drive, Noblesville, IN 46062. This is a quiet, private neighborhood facility, not a public beach. Please respect our neighbors and friends by being considerate in your driving, parking, and recreating while in the area. Please car pool to the venue if possible. We are able to use this facility only by permission of the South Harbour Property Owners Association. We thank them for their hospitality.

SCHEDULE OF EVENTS:

Friday June 19, 3 PM - 6PM. Pre-Race Check-In and Meeting. Check-In is **mandatory for 15K solo swimmers and their paddlers**. It is optional for relay swimmers and 5K swimmers. **A Relay Captain or designee must be present if substitutions are to be made.** A limited number of boat tours of the race course will be provided during the check-in period for swimmers and paddlers. **Pre-Race Meeting- 6 PM. Mandatory**

Pre-Race Pasta Dinner: 4-6 PM. Optional for ALL swimmers, paddlers and family members: \$20 per person.

Race Day

- Check In: 6:00-6:30 AM. All swimmers (Solo, Relays, 5k and Paddlers) must check-in for body marking etc.
- 6:45AM Pre-Race Meeting
- All times below are estimated start times.
- Wave 1 7:00 AM Elite 15K Solo swimmers and their escorts
- Wave 2 7:05 AM All other 15K Solo swimmers and their escorts
- Wave 3 7:30 AM Relay Group 1
- Wave 4 7:35 AM Relay Group 2
- Wave 5 7:40 AM 5K solo swimmers (non-championship)
- Awards for Relay and solo 5K events in mid to late morning.
- Awards for 15K Solo as soon as possible after race completion in mid-afternoon.

SUNDAY (6/21/2015): 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 or Saturday morning check-in.

ELIGIBILITY: This is a USMS-sanctioned event and all participants in the championship events must be registered for 2015 with USMS (or the equivalent FINA organization for foreign swimmers). Foreign swimmers are not eligible for All-American status. Paper entries received without a copy of the entrant's 2015 USMS card may be returned. Online entries will be automatically verified by Club Assistant. To renew or join USMS online, visit www.usms.org/reg/

- **Solo 15K National Championship:** Open to all 2015 USMS registered athletes or FINA athlete as above. Due to the extreme nature of this event, you must provide evidence to support your ability to complete the event in the allotted time (6 1/4 hours). Solo swimmers must have an escort for the entire race. See below.
- **National Championship Relays (3 X 5K) Men, Women or Mixed:** Open to all 2015 USMS or FINA registered athletes as above.
- **5K Solo (Non-Championship).** Open to any USMS or non-USMS member (18 years or older). Non-USMS members must purchase a USMS One-Event Entry (\$18) in addition to the regular entry fee. Form can be found at <http://www.grinsswim.org/2015USMS15K/>

EVENT ENTRY: Online entries are preferred.

- Online and Paper Registrations accepted until 11:59 PM, EDT, Saturday, May 16, 2015 (postmark for paper entries).
- Delayed Online and Paper Entries will be accepted until 11:59 PM June 6, 2015. (postmark for paper entries)
- Late and Race day entries may be available in the non-championship Solo 5K event depending on enrollment.

Entry Fees:

- **15K Solo Championship** (Limited to ~ 75 swimmers)
 - Registration Fee is \$100.00 received by May 16, 2015.
 - Delayed Registration Fee is \$125 received by June 6, 2015.
 - No Late Entries.
- **3x5K Relay Championship** (Limited to ~ 60 relays)
 - Registration Fee is \$60 per swimmer received by May 16, 2015.
 - Delayed Registration Fee is \$75 per swimmer received by June 6, 2015.
 - No late Entries except for relay substitutions (\$25 Transfer Fee for substitution of new registrant.
 - Relay substitutions are permitted until pre-race meeting 6 PM on Friday 6/19/2015.
- **5K Solo Non Championship Event** (Limited # of entries – dependent on enrollment in other events)
 - Registration Fee is \$50 per swimmer received by May 16, 2015.
 - Delayed Registration Fee is \$60 per swimmer received by June 6, 2015.
 - Late Entry or Race Day Entry Fee is \$70 if space permits. Goody bag & T-shirt not guaranteed.

Entry Fees include: Commemorative T-shirt, swim cap and goody bag with merchants' samples. The pre-race pasta dinner Friday evening is \$20 (Optional). Post-race snacks & Sunday brunch at Forest Park Aquatic Center will be provided.

KAYAKS AND PADDLERS: We recommend that you bring your own experienced paddler who has trained with you for navigation and nutritional support, but we will have volunteer (non-professional) paddlers available. We recommend that you bring your own kayak or paddleboard, but we can provide kayaks for \$30 rental fee. Swimmers may not swim directly behind the kayak, i.e. no drafting the kayak). Solo swimmers should provide their beverage & nutritional needs to their escorts.

RULES: Current 2015 U.S. Masters Swimming rules will govern this event. Only Category I swimwear is allowed (www.usms.org/rules/part3.pdf, Rules 303.7.1 & 303.7.2). Wetsuits may not be worn in this race.

SAFETY: Our Primary Concern. Safety boats & lifeguards in kayaks, on paddleboards and wave runners will monitor the course. Two water stops will be available on the course. Swimmers must wear race cap and have their assigned numbers on arms and back. Emergency Medical Services will be on site. A swimmer who abandons the swim must alert the Referee or other Official immediately.

SEEDING: 15K Solo swimmers will be seeded in two or more heats, the first comprised of 'elite' swimmers in contention for overall wins. Relays will follow in multiple waves based on seed times. The Event Director reserves the right to change seeding.

TIMING: Electronic timing will be used. Each swimmer will wear an electronic timing chip to automatically record their time. Timing chip must be returned or an outrageous charge will be assessed to the swimmer. Ensure that your chip is secure. Electronic Back-up timing will be recorded as swimmers cross the finish line. Manual backup timing will also be utilized.

Solo Age Groups: 18-24, 25-29, 30-34 ... (five-year age groups as high as necessary)

Relay Age Groups: 18+, 25+, 35+ ... (10 year age groups as high as necessary), the age of the youngest relay member determining the age group.

AWARDS: National Championship patches will be given to the first finisher in each age group. National Championship medals will be awarded to the top six finishers in each age group. Sponsor merchandise (as available) will be awarded to overall male and female winners and age group winners. Awards will be made as soon as possible at the conclusion of each event.

LODGING: Several hotels can be found within 8 miles of the race: Fairfield Inn, 17960 Foundation Dr., Noblesville (317)776-9900; Super 8, 17070 Dragonfly Lane, Noblesville, (317) 776-7088; Quality Inn & Suites, 16025 Prosperity Drive, Noblesville (317)770-6772. Please visit <http://www.grinswim.org/2015USMS15K/> and click on link for lodging discounts.

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

EVENT DIRECTOR: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062. Email: dsidner@gmail.com
Phone (317) 695-9885, 9AM to 9 PM Eastern time only. Email is preferred.

While in Noblesville, you'll find lots to see & do! For tourist information, visit the Hamilton County Convention & Visitors Bureau web site <http://8greattowns.com>. A history buff's haven, Noblesville 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 Train Museum, the 1871 covered 'Potters Bridge,' a carousel and the Forest Park Aquatic Center (operated by the non-profit, *Friends of Central Pool Inc.*).



15K Solo Entry Form
2015 USMS 15K National Championships
Saturday, June 20, 2015
SANCTION #165-W001

ONLINE ENTRY IS PREFERRED: [Online Registration](#)

Name (Please Print): _____

E-mail _____ Home Phone: _____ Mobile Phone: _____

Any Significant Medical Conditions? _____

Emergency Contact Info: Name _____ Phone _____

Please check appropriate boxes:

- I will bring my own kayak
- I will bring a paddler
- I will need a kayak (kayak rental \$30)
- I will need a paddler
- I request Elite Wave (Explain in 'Comments' below)

STAPLE COPY OF
2015 USMS CARD HERE.

Required For Each Solo Applicant! You must provide the date, location and your time for a recent 5K, 10K or similar long distance swim (3 miles/5K or longer) in pool or open water.

Date _____ (City/State): _____

Event: _____ Time _____ Distance _____

Comments: (For Elite requests and for those without official times above) _____

Entry Fee: \$100 per swimmer received by May 16, 2015

Delayed Entry Fee \$125 per swimmer received by June 6, 2015:

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

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

KAYAK RENTAL (\$30)..... # _____ x \$30 = _____

PRE-RACE DINNER (\$20)..... # _____ x \$20 = _____

Please email race director for gluten-free or special food allergies.

TOTAL = _____

Checks payable to: FOCP (The Friends of Central Pool Inc.) Mail to: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062

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: _____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	



Relay Entry Form
2015 USMS 15K (3 x 5K)
Relay National Championships
Saturday, June 20, 2015
SANCTION #165-W001

One Relay Entry Form must be completed by each Relay Member. Online Entry is preferred [Online Registration](#)

RELAY Swimmer Name _____ **Relay Name** _____

E-mail _____ Home Phone: _____ Mobile Phone: _____

Any Significant Medical Conditions? _____

Emergency Contact Info: Name _____ Phone Number _____

ENTRY FEE received by May 16, 2015: \$60 per swimmer..... _____

DELAYED ENTRY FEE received June 6, 2015: \$75 per swimmer..... _____

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

Extra T-Shirts \$20 each - Indicate size and number below..... # _____ x \$20 = _____
 S _____ M _____ L _____ XL _____ XXL _____

Pre-race dinner - \$20 # _____ x \$20 = _____

Please email race director for gluten-free or special food allergies.

TOTAL = _____

Checks payable to: FOCP (The Friends of Central Pool Inc.) Mail to: Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062

Relays shall be comprised of 3 Women or 3 Men or 3 swimmers of mixed gender. Substitutions will be permitted until Friday Pre-Race check-in. **Each swimmer MUST complete an entry form and sign waivers.**

Swimmers must be registered with the same USMS club.

TEAM GENDER (please circle) MEN WOMEN MIXED

SWIMMER 1 (Captain) _____

SWIMMER 2 _____

SWIMMER 3 _____

STAPLE COPY OF
2015 USMS CARD HERE.

EACH RELAY SWIMMER
MUST HAVE CARD

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



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myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

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8. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
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10. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	