

FAST Masters Chena Splash Open Water 1K and 5K Lake Swim

Saturday, July 17, 2010, at Chena Lake in North Pole, Alaska

1K Start time 9:00 a.m.

5K Start time 9:30 a.m.

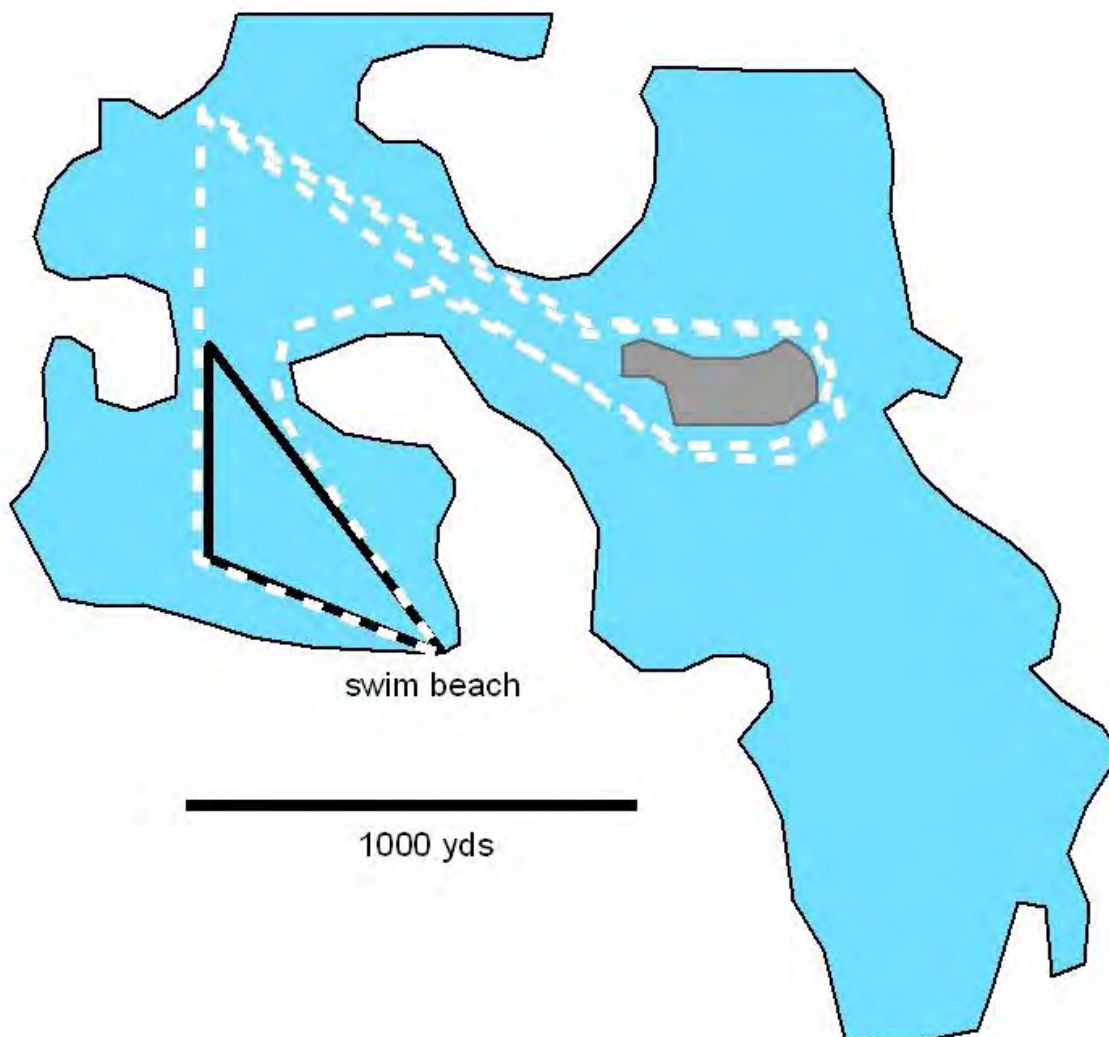
USMS Sanction # 5610- OW001

Contact: Drew Harrington (907) 451-6604 drew.harrington@live.com

Sponsored by *Fairbanks Arctic Swim Team (FAST) Masters group*

Event

There will be a 1000-yd clockwise swim on a triangle course marked by buoys. Following this will be a 5000-yd swim that circumnavigates Chena Lake in a clockwise direction on a course marked by buoys. The 5000-yd swim will include 2 laps around a portion of the course. Course maps are as shown in the image below. Solid black line indicates the 1K course and white dashed line indicates the 5K course; both begin at the Chena Lake swim beach. Wet suits will be allowed.



Check-in

Check-in and race-day entry will be from 8:00 – 8:45 a.m. on race day for both events.

Eligibility

Open to all swimmers 18 years & over as of July 17, 2010. All swimmers must be registered with USMS. You must submit a copy of your USMS registration or a completed single-event registration form. Registration can be done online at <https://www.clubassistant.com/club/usms.cfm>, and a single event form is available at http://www.akmswim.org/pdfs/usmsapp_OEVT.pdf. Entries without proof of USMS registration will be returned.

Entries

Early entry is \$30 and must be received by July 9; late entry, including race day, is \$40. Entries will include a swim cap and t-shirt; t-shirt may not be available for late entries. Please indicate t-shirt size on entry form. Entrants cannot enter both races (or use the 1K as warm-up for the 5K).

Make checks payable to *FAST Masters Swim Team* and mail to:

Drew Harrington, race director
PO Box 70421
Fairbanks, AK 99707

Water temperature and wet suits

Water temperature is expected to be ~65°F, however this can be very different depending on the previous few weeks of weather. Temperature will be at about the average high for the previous two weeks. Wet suits will be allowed, and all swimmers will start together. However, wet suits will be scored as a separate division and will not be eligible for USMS national championship awards or record considerations. Swimmers will be allowed to change their entry division (with or w/o wet suit) at check-in on race day.

Time limit

Swimmers will have 25 minutes to complete the 1K swim and 2.5 hours to complete the 5K swim. Times will not be recorded after the maximum time.

Award Divisions

USMS divisions: 18-24, 25-29, 30-34, ..., male and female

Wet suit divisions: 18-39, 40 and over, male and female

Directions to Chena Lake

Southbound (towards Delta): Take the exit for Dawson & Busby Rd. Turn left under the overpass, take first right on Mistletoe Dr. Mistletoe will then turn into Laurance Rd which leads into the park. (There are the standard large brown park signs at each of these junctions to direct folks to Chena Lake).

Northbound (entering North Pole from Delta Junction Direction): Take a right on Laurance Rd. and follow into the park. <http://www.chenalakes.com/>

2010 Official Entry Form – Chena Splash Open Water Swim

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Contact: Drew Harrington (907) 451-6604 drew.harrington@live.com

Name _____ Age on July 17, 2010 _____ (M / F)

Address _____

City/State/Zip _____ Phone _____

email _____

USMS # (or completed single event form attached) _____

Emergency contact: Name _____ Phone _____

Distance (circle one) 1K / 5K Wet suit (circle one) Yes / No

T-shirt size (circle one) SM / MED / LG / XL / XXL

Please include a copy of your current USMS swimming card with your entry, or a completed single-event registration form.

Sign liability release below.

Return with entry fee to (\$30 before 7/9/10, \$40 after, payable to FAST Masters Swim Team)

Drew Harrington, race director

PO Box 70421

Fairbanks, AK 99707

Liability Release: (entry is not valid if this is not signed and dated)

"I, the undersigned participant, intending to be legal 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 possibly 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 RIGHT TO CLAIMS FOR LOSS OR DAMAGE 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and governed by the rules of USMS.

Signature _____ Date _____