

2007 USMS 10K Open Water National Championships

Sanction # 067-06a

Official Entry Form

Huntington, New York
Saturday, July 14, 2007

Note: Severe weather fallback is July 15, 2007 Check <www.Metroswimming.org>

Individual Entry information:

Name:
Street Address:
City: State ZIP
Ph. () Cell ()

2007 USMS Registration #:
DOB: / / Age: (on Race day) Gender M F
mm dd yy Club
E-mail :

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 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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING:

UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, 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 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.

Signature: Date

I will attend pre-race briefing & reception ___ Yes ___ No.

Team Entry

A CLUB may nominate three or four members per team to compete in the team event. The entry fee for the team event is \$5.00 per swimmer. To take part in team competition, a swimmer must also be entered in the individual event. A Mixed Team may have no more

than two male and two female swimmers. You must designate your teams, by 7:30 race day. The top three appropriate gender swimmers will be used for scoring each category. The top three Male Teams, Female Teams, and Mixed Gender Teams, will each receive awards. Scoring is based on overall placement, with lowest score winning.

Earlybird fee \$30.00 \$ In hand: by 6/1/2007
OR \$35.00 \$ Between 6/2 and 6/21
OR \$40.00 \$ Between 6/22 and 7/6
Team Member + \$5.00 \$ Make check payable to:
Total enclosed \$ "Metropolitan Swimming, Inc."

Mail Entry/Release Form and Payment to: Bea Hartigan
27 Huntington Road
Huntington, NY 11743-1702
(631) 271-3349
<Bea10k@yahoo.com>
Absolutely NO late entries

You must include a copy of your 2007 USMS Registration Card!

**USMS 10K National Championships
July 2007**

Team Event designations:

USMS Club		Team Name			
Names	M/F	Race #	Time	Place	
1.					
2.					
3.					
4.					

USMS Club		Team Name			
Names	M/F	Race #	Time	Place	
1.					
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DIRECTIONS FOR 2007 USMS 10K NATIONAL CHAMPIONSHIPS

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← all E-W routes = NYC 30 miles

		Rte 25-A (Main Street)	Chalet Inn ☐
		→ ½ mi. Town Hall (#100) (Shuttle Parking in back)	← Rte. 110 + 3.2 mi.
⇒ ⇒ ⇒ Rte 110 ~ NY Ave			3.2 mi. ◆
(end)		Rte 25 (Jericho Tpke)	
Rte 135 ⇒⇒⇒			2.4 mi. ◆
Exit 36	Exit 40	Northern State P'kway	
			1.1 mi. ◆
Exit 44	Exit 49	Long Island Expressway	
			5.6 mi. ◆
	⇒ ⇒ ⇒ Rte 110		
Exit 30	Exit 32	Southern State P'kway	

To check traffic conditions, dial to AM 880 WCBS 'on the eights' or AM 1010 WINS 'on the ones', for example; CBS at 5:18 or WINS at 5:11.

Parking is very limited at the Bay Club, and there is no parking permitted on the roads in the Incorporated Village of Huntington Bay. Permits for parking at the club will be issued to Kayakers, officials and 10K swimmers who have at least 3 swimmers in a vehicle.

All others will be provided FREE shuttle service from the Huntington Town Hall parking lot which is ½ mile east of Route 110 on Main Street (Rte 25-A). Town Hall is opposite the Old First Church, on the south side of the road. Parking is in the rear.

Please do not leave valuables in your car or on the shuttle.

Grateful Appreciation to our local Supporters:

Halesite Fire Department
Cold Spring Harbor Fire Department
Town of Huntington
Suffolk County PD Marine Bureau
Chalet Inn, Centerport

Canterbury Ales
Huntington Bay Constable
USCG - Eaton's Neck
USCG Auxiliary
Holiday Inn, Plainview

and our hosts, The Head of the Bay Club