

Sunday 29 July 2007 Point Lookout One Mile Masters Ocean Swim

Sanctioned by the Metropolitan LMSC for USMS Inc. #067-08

DATE: Sunday, July 29 2007
TIME: Check-in: 6:45AM; Start: 8:00AM
LOCATION: Town Park @ Point Lookout (site of the 2001 National One-Mile USMS National Championships)
DIRECTORS: Steve Shtab sshtab@aol.com
Bob Kolonkowski rpk248@netzero.com
ELIGIBILITY: Open to USMS registered swimmers 18 years & older as of July 29 2007 who can complete the course in one (1) hour or less.
COURSE: Start and finish at the same location. Swimmers will swim no farther than 100 yards from shore in a triangular pattern traveling southeast then west parallel with the shoreline, then northeast back to start/finish point.
SAFETY: Safety services provided by the Town of Hempstead Lifeguard Patrol. All participants are required to wear a swim cap (provided). A one-hour cutoff time will be enforced. No personal escorts are permitted. No wetsuits, tri-suits or other swim aids permitted. Water temperature range: 68-74 degrees Fahrenheit.

ENTRIES: Entries must be RECEIVED by Tuesday July 24 with a copy of your 2007USMS registration card. Race day entries until 7:15AM.
MAIL TO: STEVE SHTAB
324 Manor Road, Douglaston NY 11363
FEES: Entry fee of \$35. (\$45. for late or race-day entries)
Payable to: Trigger Aquatics
AWARDS: T-shirts and swim caps for all swimmers, custom awards to top three male and female swimmers overall and ten male and female swimmers in each age group: 18-24, 25-29 etc. Award ceremony and refreshments presented after the race.
RULES: USMS 2007 Rule Book
Race directors and Chief Lifeguard reserve the right to cancel, or modify this event due to unsafe conditions.
DIRECTIONS: Long Island Expressway or Northern State Parkway to Meadowbrook Parkway south to Loop Parkway to end. Go straight across Lido Blvd. to Town Park at Pt. Lookout. Free Parking before 7:00 AM. By train: LIRR to Long Beach station; \$5 taxi (10 min).

Print Your First & Last Name _____

Telephone (_____) _____

ATTACH LEGIBLE COPY OF
2007 USMS REGISTRATION
CARD HERE

E-Mail Address _____

Date of Birth ____/____/____

RELEASE FROM LIABILITY: "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, HOST FACILITIES, 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."

I certify that I have read and understand the above Liability Release, and that I am 18 years of age or older as of July 29 2007.

SIGNATURE _____ DATE _____

TOWN OF HEMPSTEAD
DEPARTMENT OF
PARKS & RECREATION

200 NORTH FRANKLIN STREET
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KATE MURRAY
SUPERVISOR



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