

Point Lookout One Mile Masters Ocean Swim

Sanctioned by the Metropolitan LMSC for USMS Inc. Sanction #068-10

<p>DATE: Sunday, August 3 2008</p> <p>SCHEDULE: Check-In 6:45AM; Start 8:00AM</p> <p>LOCATION: Town Park at Point Lookout (site of the 2001 USMS One-Mile National Championship)</p> <p>DIRECTORS: Magdalena Stovickova Triggerswimming@aol.com and Bob Kolonkowski rpk248@netzero.com</p> <p>ELIGIBILITY: Open to USMS-registered swimmers 18 years of age and older as of Sunday 3 August 2008 who can complete the course in one (1) hour or less.</p> <p>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.</p> <p>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.</p>	<p>ENTRIES: Entry must be RECEIVED by Tuesday 29 July with a legible copy of your 2008 USMS registration card included. Race day entries accepted until 7:15AM.</p> <p>MAIL TO: Magdalena Stovickova 324 Manor Road, Douglaston NY 11363</p> <p>FEES: \$35 entry fee until Tuesday 29 July. \$45 fee for late and race-day entries payable to Trigger Aquatics.</p> <p>AWARDS: T-shirt and swim cap for all participants. Custom awards to top three overall male and female finishers and top ten male and female swimmers in each five-year age group 18-24, 25-29, 30-34, 35-39, etc. Awards ceremony and refreshments after race.</p> <p>RULES: 2008 USMS rules govern this event. <i>Race directors and Chief Lifeguard reserve the right to cancel, or modify this event due to unsafe conditions.</i></p> <p>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).</p>
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Print Your First & Last Name _____ Gender (circle one) M F

Date of Birth ____/____/____ Age ____ on 08/03/08 Day Phone (____) _____ - _____
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Your E-Mail Address _____

ATTACH A LEGIBLE COPY OF YOUR 2008 USMS REGISTRATION CARD HERE

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 acknowledge that I have read, understand and accept the above Release From Liability terms, and that I am 18 years of age or older as of Sunday 3 August 2008.

SIGNATURE _____ DATE _____

TOWN OF HEMPSTEAD
 DEPARTMENT OF
 PARKS & RECREATION

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