

**2010 United State Master Swimming
6 K Open Water National Championship
Hosted by Air Force Aquatics Masters
Sanctioned by Colorado LMSC for USMS, Inc. #32-10-03-OW
4 Loops for Fun**



When: Saturday June 19, 2010, 9:00 am. Check-in: 8:00 am.

Where: Lake Water Valley, Windsor, Colorado. The town of Windsor is about 60 miles north of Denver. From I-25 take Crossroads Blvd. Exit 259, and go east about 4-5 miles. At the roundabout, take CR17 north. At the bottom of the hill turn right on New Liberty Road. Follow New Liberty Road until the second roundabout and head north onto the gravel/dirt road and follow this until you see aluminum bleachers off to your left. Drive toward the bleachers. This is the parking area. The starting area will be the beach area to the south of the bridge.

Course: Four loops of a 1500m loop course.

Entries: **Entry deadline received by June 9. Entry Fee: \$35**
Payable to "Air Force Aquatics Masters." Send to:

Entry Chairman: Karen Reeder

6887 Heatherwood Dr.

Colorado Springs, CO 80918

Email: dksreeder@skybeam.com

Website: <http://usopenwaterswimming.org/usms6K>

Online Entry available at:

https://www.clubassistant.com/club/meet_information.cfm?c=1434&smid=2029

Eligibility: Open to all 2010 USMS registered swimmers. A copy of your 2010 card MUST accompany your entry. One day event registration (\$12) will be available online and on race day for swimmers ages 18 and above who have met the entry deadline. 2010 USMS rules govern this event. One Event Registrants are not eligible for All American.

Venue Information: Wet suits are not allowed for this event. Wearing a thick silicon cap and silicon earplugs will help keep swimmers warmer if needed. Expected water temperature is 68 – 72 degrees. This is a non-escort event with an in water start and finish.

Head Meet Official: Larry Greene

Awards: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group: 18-24, 25-29, 30-34...100+. USMS National Championship patches will be awarded to the winner of each age group. Results will be posted at usms.org

Accommodations:

AmericInn Lodge & Suites of Ft Collins South: 7645 Westgate Drive, Ft Collins, CO: 970-226-1232.
Limited rooms available until May 19th at a reduced rate.

Super 8 Windsor/ Fort Collins Area: 1265 Main Street, Windsor, CO: (970) 686-5996.

**Checks payable to "Air Force Aquatics Masters"
Staple a Legible copy of your USMS Card to this Registration**

Each person swimming must complete this form and sign the liability release

Name _____ USMS Number: _____

I will be purchasing a "One Day Event Registration" _____

Date of Birth: mm/dd/yyyy _____

Address _____

City _____ State _____ Zip _____ Ph# _____

Email: _____

(Please include a legible e-mail address for contact in case of incomplete entry)

Age as of 6/19/10 _____ Male _____ Female _____

Team/Club _____ Club Abbreviation _____

T-shirts will be available on site for purchase on race day with different styles and sizes available.

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 MYPARTICIPATION 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, THE CLUBS, 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. 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 _____