

2005 EASTERN STATES 2-MILE CABLE SWIM



**Chris Greene Lake-
Charlottesville, Virginia
Saturday, July 16, 2005**

Sponsored By:
Virginia Masters Swim Team
Sanctioned by: Virginia LMSC for USMS, Inc.
Sanction No. 125-0002

EVENT:

This is a 2-mile swim around a quarter-mile straightaway cable. There will be two heats. The first heat will be swum clockwise and will start at 9:00 am. Check-in for the first heat will close promptly at 8:45 am. Second heat check-in ends at 10:00, for an anticipated start 15 minutes later, but not before completion of the first heat. The second heat will be swum counter-clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. should NOT enter. A swimmer who is still on the course after 2 hrs. will be stopped. In the event of inclement weather, the meet director may close the course and prevent swimmers from completing the swim.

- Anticipated water temp: 78? to 82?
- NO WETSUITS ALLOWED

AGE GROUPS:

18-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

RESULTS:

Race results will be posted at www.vaswim.org and will be printed in the VMST Newsletter.

AWARDS:

Awards will be given to the top 3 finishers in each age group. Awards will not be mailed and will be given out at the post-swim social.

ENTRY INFORMATION:

\$30 entry fee per swimmer. Fee includes 100% cotton t-shirt. Indicate size on entry form. (For T-shirts larger than XL, please add \$3.00 and indicate size.) Make check payable to VMST. (No cash please!)

Official entry form and fees must be POSTMARKED no later than July 6, 2005. LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED.

Swimmers will be seeded by their times for a 1650-yard swim. "No time" entries will be seeded last in appropriate heat.

ACCOMMODATIONS:

The Hampton Inn Charlottesville has reserved a limited number of rooms and is offering a group rate of \$86 to competitors for Friday, July 15. For the discounted room rate, reservations must be made by June 24, 2005. Mention Virginia Masters Swim Team to receive the discounted rate. Rooms are available on a first come, first served basis.

Hampton Inn – Charlottesville
2035 India Road
Charlottesville, VA
(434) 978-7888
or (800) 426-7866

USMS REGISTRATION:

All swimmers must be registered with United States Masters Swimming. Entrants must include a copy of their 2005 USMS registration card with their entry forms. For information about registering with USMS, go to www.vaswim.org. Entries received without a copy of a 2005 USMS card will be returned. For confirmation of entry receipt, enclose self addressed, stamped envelope or postcard.

ENTRANCE TO LAKE:

Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires county entrance fees.

SAFETY:

Rescue squad personnel and safety volunteers will be on site on shore and in the water.

FOR FURTHER INFORMATION:

Dave Holland
Race Director
Phone: (804) 282-6224
Email: dholland@rmc.edu

MAIL ENTRIES BY JULY 6 TO:

Dave Holland
504 West Drive Circle
Richmond, Va. 23229-6832

DIRECTIONS TO CHRIS GREENE LAKE:

FROM WASHINGTON D.C.

Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. Turn right onto Rt. 606 and travel 1.2 miles. Turn left through gate & follow the road around the lake to the beach.

FROM RICHMOND

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd. go 7/10 mile toward airport and follow the directions above.

FROM WAYNESBORO

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt 649).

2005 VIRGINIA CHAMPIONSHIP SERIES

Swim all three Virginia open water swims. Special award for all finishers to be presented after the Charlottesville race.

Jim McConnell 1& 2-Mile Lake Swims . May 29
 Jack King 1-Mile Ocean Swim June 12
 *Charlottesville 2-Mile Cable Swim July 16
 *2006 cable swim will be a USMS Nat'l Championship

Jim McConnell Lake Swims (Reston, Va.)
www.lin-mark.com/restoninfo05.htm
 Gordon Gerson (703) 845-SWIM
 usna58@comcast.net

Jack King 1-Mile Ocean Swim (Va. Beach)
 Betsy Durrant (757) 422-6811
 durrant6@cox.net

EASTERN STATES 2-MILE CABLE SWIM ENTRY FORM

July 16, 2005 – Chris Greene Lake – Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE

Name _____
 Street _____
 City _____
 Sex _____ Birth Date _____ Club Name _____
 Age on 7/16/05 _____ USMS Number _____ LMSC _____

Heat # (Circle One)	HEAT DESCRIPTION	1650 YD TIME
1	Clockwise (Right Side Breathers)	:
2	Counter-Clockwise (Left Side Breathers)	:

Heat 1: Starts 9:00 am/Check-in by 8:45 am
 Heat 2: Starts 15 min after the first heat but not before 10:30/Check-in by 10:00

T Shirt Size: S _____ M _____ L _____ XL _____
 Larger than XL is additional \$3.00 XXL _____ XXXL _____



Entry Fees: (Includes T-Shirt and Social) \$ 30

Larger than XL T-Shirt Add \$3 \$ _____

Please make check payable to VMST and mail with your entry

TOTAL AMOUNT: \$ _____

Please enclose:
 Copy-USMS card
 SIGNED released
 Check to VMST

Mail to:
 Dave Holland
 504 West Dr. Cir.
 Richmond, Va.
 23229-6832

Must be postmarked by July 6, 2005

RELEASE BY PARTICIPANT 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, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALBEMARLE COUNTY, 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 the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Date _____ SIGNATURE: _____

Home Phone _____ Work Phone _____ E-Mail _____ Age on 7/16/05 _____